THE NEW School Lunch | MORE Craft Beer Havens | Summer's LAST BLAST

cptv

CONNECTICUT

connecticutmag.com

MAGAZINE

2015 Top Dentists

The results of our annual survey are in—more than 350 peer-selected dentists in seven specialties.

AUGUST 2015 $4.95

0 8>

7 25274 65778 0

Susan Levine, DMD

General & Cosmetic Dentistry

52 Beach Road, Suite 203,
Fairfield, CT 06824

We believe in building personal relationships with each one of our patients. This allows us to have a greater understanding of you and your dental health. Each person is different, with different wants and needs. If you are looking for an office that pays special attention, we would love to hear from you.

General Dentistry:

- Dental Cleanings
- Fillings
- Bonding
- X-Rays
- TMJ
- Root Canals
- Sleep Apnea

Cosmetic Dentistry:

- Teeth Whitening
- Chipped Teeth
- Veneers
- Smile Design
- Invisalign®

For over 25 years, Dr. Susan Levine has been servicing the Fairfield, Connecticut area. Her expertise, patience, personalized approach, and gentle touch has turned fearful patients into healthier and even happier patients.

Dr. Levine is the BEST DENTIST I ever had. She took her time to do the comprehensive exam. Nobody has spent time with me like she did! She is very honest and gives you options. What I like about her also is she often takes continuing education in dental institutes....so that means she is constantly learning and updated!!! Not a lot of dentists do that.Her office is very clean and updated.Her staff are very knowledgeable and friendly.

-Google Patient Review

Visit our website today for a special promotional offer from us:
www.DrSusanLevine.com/SpecialOffer

Come see us today for healthier gums and healthier teeth.
203-259-7073 | info@drsusanlevine.com

For more information, see page 82

Kitchen & Bath Gallery

Guilford, CT
640 Boston Post Road
(203) 453-4358

Warwick, RI
361 Jefferson Boulevard
(401) 739-8000

North Attleboro, MA
Triboro/Shaw's Plaza
11 Robert F. Toner Blvd.
(508) 695-1770

South Uxbridge, MA
582 Quaker Highway
(508) 278-7761

Falmouth, MA
343 Dillingham Ave.
(508) 457-9720

Edgartown, MA
25 Eastline Road
(508) 696-9930

West Yarmouth, MA
40 Aaron's Way
(508) 790-2259

The finishing touch in bath design often begins with a vanity by Fairmont Designs.

There are virtually hundreds of inspiring vanity options available from Fairmont Designs, just one of the 65 famous names we represent – from cabinetry to fixtures to tile. Our experienced kitchen and bath designers have access to them all. And it means you have the creative freedom to select from the finest materials and products, making sure your project is exactly as you dreamed it would be. All the choices you could imagine. And all under one roof!

Bring this ad in today for your free in-store consultation.

Kitchen&BathGallery
Living better by design.

kitchenbathgallery.com
A Supply New England Company

Best of houzz 2015 SERVICE

FIND ALL THE BRANDS YOU LOVE.

REBECCA MINKOFF • J. BRAND
HUDSON • MINK PINK
AND MORE ...

AND THE DEALS YOU CAN'T WALK AWAY FROM.

GARMIN • ASICS
UNDER ARMOUR

EMPORIUM DNA 2050

$50 OFF ANY
$150 PURCHASE*

CONNECTICUT RUNNING COMPANY
NEW HAVEN

$5 OFF ANY PURCHASE
OF $50 OR MORE*

* Restrictions apply.
See website for
complete details.

DISCOVER ADDITIONAL OFFERS AT THESHOPSATYALE.COM/SUMMERDEALS

TheShopsatYale @TheShopsatYale @TheShopsatYale TheShopsatYale.com

The Shops at Yale

Over 50 shops and restaurants in the heart of the Yale University Campus.
Located in the Chapel Street Historic District and on Broadway in Downtown New Haven.
Exit 47 off I-95. Park at 56 Broadway or 255 Crown Street.

CONNECTICUT | August 2015

FEATURES

27 Summer's Last Blast
Even though we're more than halfway through summer, there are still plenty of things to do and places to visit in the weeks ahead.

34 The New Hot Lunch
What are your kids eating at school? Connecticut's public schools are working to provide healthier and more nutritious meals.

41 Special Section: Top Dentists
The results are in! Connecticut's dentists have responded to our exclusive survey and identified more than 350 of their peers in seven specialties.

36 When Disaster Strikes
Few know about the Disaster Mortuary Operational Response Team, but their work is invaluable during catastrophies and other mass tragedies.

DEPARTMENTS

5 Editor's Letter

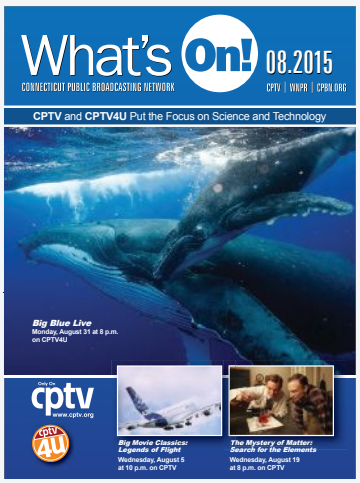
6 First
Creating more diversity in Connecticut's law enforcement community has been a growing priority. Plus, a profile of influential author and UConn history professor William Jelani Cobb and the story behind Connecticut's Calendar Girlz.

11 This Month
Highlights include: A chat with Boston guitarist Gary Pihl; a look at *The Odyssey: Revised* at Long Wharf; a gathering of Edgar Rice Burroughs' fans; and zipping through air at the state's two new adventure parks.

72 The Connecticut Table
Continuing dining excellence at Breakwater in Stonington. Plus, our ongoing coverage of craft beer havens with terrific food, the amazing Italian cuisine at Aranci 67 in Redding, a great roast beef sandwich in Wallingford, and more.

72 Marketplace

100 The Connecticut Files
The tale of the eccentric vagabond known as The Darn Man.


What's On! 08.2015
CONNECTICUT PUBLIC BROADCASTING NETWORK
CPTV | VHPR | CPBN.ORG
CPTV and CPTV4U Put the Focus on Science and Technology
Big Blue Live
Monday, August 31 at 8 p.m. on CPTV4U
cptv
Big Movie Classics: Legends of Flight
Wednesday, August 5 at 10 p.m. on CPTV
The Mystery of Matter: Search for the Elements
Wednesday, August 19 at 8 p.m. on CPTV

84 CPTV Guide

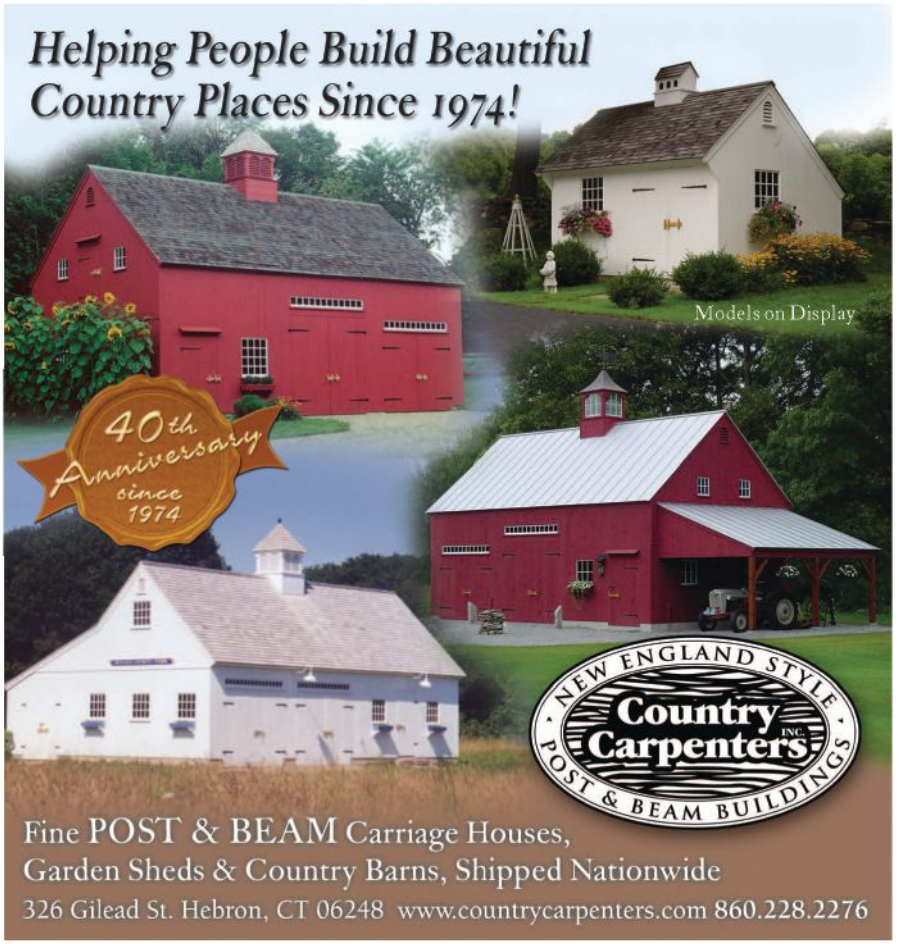
- "Science and Technology Programming"
- "JFK & LBJ: A Time for Greatness"
- "American Masters—Garrison Keiller: The Man on the Radio in the Red Shoes"

For new subscription orders or questions, call (800) 974-2001, or email dmartin@connecticutmag.com. **Subscriber/Postmaster:** Send changes of address or subscription inquiries in writing to *Connecticut Magazine*, Subscription Services, P.O. Box 3000, Denville, NJ 07834.

CPTV or Public Broadcasting members: Please call member services at (800) 683-1899.

Cover: Wavebreakmedia Ltd/Thinkstock
This page: (top) merznatalia/iStock/Thinkstock; (bottom) Royal Lipizzan Stallion, photographed at Roseland Cottage, Woodstock.

CONNECTICUT MAGAZINE
connecticutmag.com


Helping People Build Beautiful Country Places Since 1974!
Models on Display
40th Anniversary since 1974
NEW ENGLAND STYLE
Country Carpenters INC.
POST & BEAM BUILDINGS
Fine POST & BEAM Carriage Houses,
Garden Sheds & Country Barns, Shipped Nationwide
326 Gilead St. Hebron, CT 06248 www.countrycarpenters.com 860.228.2276

CONNECTICUT MAGAZINE
BUSINESS & EDITORIAL OFFICES
100 Gando Dr. | New Haven, CT 06513
(203) 789-5300 | Fax (203) 789-5255

General Manager **Marisa B. Dragone**
(203) 789-5214 | mdragone@connecticutmag.com

| editorial | editorial@connecticutmag.com

Content Manager **Ray Bendici**
(203) 789-5230 | rbendici@connecticutmag.com

Content Curators & Verticals Writers
Kate Hartman (203) 789-5233
khartman@connecticutmag.com

Erik Ofgang (203) 789-5227
eofgang@connecticutmag.com

Contributing Writers **Jackson Connor, Elise Maclay**

| art & production |

Senior Designer **Stacey S. Shea**
(203) 789-5216 | sshea@connecticutmag.com

Design Associate **Carol Petro** (203) 789-5215

For production inquires, call (203) 789-5214

| sales & marketing |

Advertising Director, Connecticut Cluster **Elliott Huron**
(203) 680-9924 | ehuron@newhavenregister.com

Westchester
(203) 789-5219 | advertising@connecticutmag.com

Westport | Fairfield
(203) 789-5219 | advertising@connecticutmag.com

Hartford West | Enfield **Karl Cicitto**
(860) 944-7256 | kcicitto@connecticutmag.com

Glastonbury | Middletown **Jessica Hughes**
(203) 836-0433 | jhughes@connecticutmag.com

Greater New Haven **Joe Hiznay**
(203) 401-1572 | jhiznay@connecticutmag.com

Old Saybrook | Mystic **Michael Vizziello**
(860) 510-6575 | mvizziello@connecticutmag.com

Southern Fairfield County | Waterbury **Alison Woods**
(203) 500-4381 | awoods@connecticutmag.com

Financial Analyst **Erika Parri**
(203) 789-5261 | eparri@connecticutmag.com

Classifieds | Marketplace **David Martin**
(203) 789-5394 | dmartin@connecticutmag.com

Circulation Manager **David Martin**
(203) 789-5394 | dmartin@connecticutmag.com

PUBLISHER'S REPRESENTATIVES

New York **Couture Marketing**
(917) 821-4429 | karen@couturemarketing.com

Boston **Lange Media Sales**
(781) 642-0400 | erklange@aim.com

| credit & collections | (877) 396-8937

Visit us at connecticutmag.com. Connect with us on

Copyright 2015 by 21st Century Media. All rights reserved. No part of this publication may be reproduced without written permission. No responsibility is assumed for unsolicited materials, which must be accompanied by SASE if they are to be returned.

21ST CENTURY media CEO **Steve Rossi**

CIRCULATION VERIFICATION COUNCIL Connecticut Magazine® (ISSN 0889-7670), a property of 21st Century Media, 448 Lincoln Highway, Fairless Hills, PA 19030, is published monthly by Connecticut Magazine at 100 Gando Drive, New Haven, CT 06513. Periodicals postage paid at New Haven, Connecticut, and at additional mailing offices. Printed in U.S.A. Subscription rates: One year $19.97, two years $34.97, three years $39.97 in Connecticut; out-of-state residents add $5/yr. **POSTMASTER: Send changes of address to Connecticut Magazine Subscription Services, P.O. Box 3000, Denville, NJ 07834.**

For more information, see page 82

Opening Up

Is there any part of our body that we take more for granted than our mouths?

Considering how much we use our mouths—from talking and eating to singing and kissing—it's remarkable that more isn't made of oral care. And it's doubly curious that dentists don't seem to get the proper due for keeping our mouths healthy, our teeth straight and our gums in the pink.

Well, they get some much-deserved credit here, starting on page 41 with the results of our annual "Top Dentists" survey. Although some may cringe when it's time for a trip to the dentist, there may be no more important professionals you interact with. As someone who had a crowded, sharklike mouth and needed four permanent teeth pulled before getting braces—back in the day of "tinsel teeth" and complicated headgear when function ruled over comfort—I was exposed early on to the importance of dentistry. My orthodontist, Dr. Walter Ariker in Milford, was friendly, funny and remarkably patient with the hyperactive 12-year-old me, so any dental anxiety was dispelled. As a result of his expert care, I didn't even get upset when it was discovered that I had a fifth wisdom tooth (insert your own wise guy joke here) and had to be attended to by an oral surgeon. It was taken care of quickly, and even though there was some lingering soreness, I did get extra ice cream for a few days!

So safe to say, despite the occasional cavity, chipped tooth or overindulgence of hot wings, my mouth has generally been a happy place—consequently, I have nothing but appreciation for the men and women who have dedicated themselves to caring for our mouths.

While we're "opening up," we also use our mouths to tell stories, but sometimes, our mouths tell stories without us. "When Disaster Strikes" (page 38) is a compelling story from Erik Ofgang about the dentists and mortuary professionals who participate in Connecticut's Disaster Mortuary Operational Response Team (DMORT), which is a federally organized unit that is mobilized following large-scale catastrophies. The effort DMORT makes to assist local authorities in identifying victims of tragedies—and in the process, provide confirmation and comfort to distraught family and friends—is often an unheralded task, and one that certainly is also worth deep appreciation.

And of course, we're constantly using our mouths to eat. In addition to our normal comprehensive dining coverage, "The New Hot Lunch" (page 34) by Kate Hartman looks at how Connecticut's public schools are trying to put more nutritional food in your kids' mouths.

Finally, let us open our mouths once again to mention all the other stories we try to share with you each month. From terrific restaurants and hidden cultural gems to compelling people and cool things to do, we will tell you all about it.

Ray Bendici
rbendici@connecticutmag.com

Correction: In the June issue, we forgot to include Tom Connor's byline as the writer of "The Parisot Boy," the story about the search for answers seven years after a boy's tragic death. Our oversight is especially upsetting considering the immense time and effort Tom put into the story, and we deeply regret the error.

For more information, see page 82

The Diversity Question

NATIONALLY, INCIDENTS INVOLVING POLICE AND RACE HAVE SPARKED OUTRAGE—HOW ARE CONNECTICUT LAW ENFORCEMENT OFFICIALS ADDRESSING THE ISSUE?

ESPN MLB analyst Doug Glanville, who this past winter was at the center of a police race-related incident.

PHIL ELLSWORTH / ESPN IMAGES

Doug Glanville recalls it was "an otherwise ordinary snow day in Hartford, Connecticut."

In the winter of 2014, Glanville, a former Major League Baseball player and current ESPN analyst, was shoveling snow from his driveway in front of his home in an affluent Hartford neighborhood, not far from where the Governor and Mayor live, and only a block from the West Hartford border. Seemingly out of nowhere, a West Hartford police officer drove up asking him pointed questions about why he was shoveling the driveway, assuming Glanville had been hired to remove snow.

The West Hartford police department had received a call about an African-American man shoveling driveways in the area. Though the town has an ordinance that would require anyone selling goods door-to-door to register with police, that was not the issue. The officer who interviewed Glanville was responding to a complaint from a West Hartford woman about a man who agreed to shovel snow for her but left without finishing the job or asking for pay, then returned later that night, startling her by banging on the door and demanding payment. A week later a neighbor believed she saw the man and called the police, setting in motion the Glanville incident. (The man the call was about had a lengthy criminal record and was found by the police elsewhere in the neighborhood and given a verbal warning.)

Glanville was shaken by the chain of events. In an April 2014 article in *The Atlantic* he wrote, "If I hadn't been careful and deferential—if I'd expressed any kind of justifiable outrage—I couldn't have been sure of the officer's next question, or his next move."

In a written response to Glanville's article published in the *Hartford Courant* (also in April of 2014), West Hartford Chief of Police Tracey Gove denied that Glanville had been profiled and defended the actions of the officer who interviewed him, though he acknowledged that his officer should have explained the reasoning behind the questioning.

Gove wrote his department is "one of the best, most modern and progressive police departments anywhere." He added, "We're black, white and Hispanic, too. We're men and women. We come from families that have struggled. We have hobbies and lives outside work. But some people see only the uniform. Some people assume we're the same

fore many of our officers were born. They assume that we don't have good reasons for our actions. Although they know the world has changed, some assume that the police haven't."

The incident led to a new Connecticut jurisdiction law, signed in June, that bars police from questioning people out of their jurisdiction for minor violations. Whether one agrees with Glanville or Gove, the incident underscores the tensions and mistrust that racial issues and profiling, or perceived profiling, can cause between a community and its police force, even here in Connecticut, where politicians on both sides of the aisle pride themselves in social progressiveness.

Glenn Cassis, executive director of the state's African-American Affairs Commission, says, "If you look at the numbers [in Connecticut] in many of the urban areas, you have an overwhelming number of white officers in comparison to the population."

According to analysis conducted by *The Connecticut Mirror* late last year, "only about 12 percent of the 430 members of Hartford's police department are black, while the city has a nearly 39 percent black population. New Britain has a nearly 37 percent Latino population, but only about 7 percent of its police officers are Hispanic. Nearly 29 percent of Meriden's population is black, but only about 8 percent of its police officers are African-American."

Cassis believes Connecticut is moving in the right direction to help balance these numbers. He says for the most part relations between police and the community in Connecticut "are pretty good, but there's still room for improvement." However, he warns, "This whole issue is a very tenuous situation. Something can happen in another part of the country and it could spark here."

Unfortunately, we all know just what he means.

Over the past few years, we've seen a seemingly constant montage of controversial events between police and minority individuals, often followed by a wave of protests that have veered into rioting and violence—Ferguson, Mo., the death in New York City of Eric Garner from a police chokehold, protests and riots in Baltimore and, more recently, outrage after a video surfaced in June of a Texas police officer pushing an unarmed black teenaged girl to the ground at a community pool party, then pulling his gun on other nearby unarmed black teens.

Connecticut has not been immune to police incidents that have led to the deaths of unarmed individuals from various races. In March, 41-year-old David Werblow died after Branford police shot him with a Taser when he refused to get out of a parked car. According to the *Hartford Courant,* Werblow's death marked the 16th time since 2005 that an unarmed person died in Connecticut following a violent incident involving a police stun gun. Over that same time period, three other unarmed individuals were killed by police gunfire.

Among those killed during that period: Lashano Gilbert, a black man who died in 2014 after being shocked by a stun gun in the holding area of New London's police headquarters; Efrain Carrion, a Hispanic man who died in 2010 after being handcuffed and Tasered an estimated 35 times by Middletown police; Nicholas Brown who died in 2006 after being hit twice with a Taser by Milford police; and Jashon Bryant, a black teenager who was shot while sitting in a passenger seat of a car whose driver was being questioned. Bryant's case is the only one over the last decade in Connecticut where a police officer was charged after fatally shooting an unarmed individual. Going further back, in 1999 a 14-year-old unarmed black teen, Aquan Salmon, was fatally shot in the back by a Hartford police officer.

In an effort to prevent future incidents of this nature in Connecticut, the legislature passed Senate Bill 7103, The Excessive Use of Force and Body Camera Bill, in late June. The bill aims to foster more diversity in police departments and put in place practices designed to ensure accountability and community trust. It requires more bias-free police training and specific training on the use of deadly force. It also requires police forces to develop and implement guidelines to recruit and promote minority officers.

The American Civil Liberties Union (ACLU) of Connecticut supported the bill's passage. David McGuire, staff attorney for the ACLU of Connecticut, says it's unclear if diversifying police forces actually decreases incidents of police misconduct but, "I think it does go a long way to building trust," he says. "An issue that we've seen in a lot of urban departments, in particular in Connecticut, is a difficulty departments have had finding qualified people to serve as officers who live in the city. Even if [the bill] doesn't result in employment of people from those communities, it will show this effort to integrate in a real way, and I think that will go a long way."

In addition, the bill requires the State Division of Criminal Justice to investigate a death involving an officer that includes any use of physical force (not just deadly force). In hopes of eliminating potential conflicts of interest, it also requires (rather than allows) the appointment of a prosecutor from a different judicial district than the one where the incident occurred or a special prosecutor to conduct the investigation. The bill requires the state police force to use body cameras and provides complete funding for other departments seeking to purchase body cameras over the next fiscal year.

McGuire says the body camera portion of the bill is particularly important. "Everyone behaves better when they're on camera, meaning the officers and the people that they're dealing with," McGuire says. He adds this type of footage has helped publicize incidents of police misconduct. "There are not any more incidents of misconduct than before—in fact, there might even be fewer incidents. But you're seeing a lot more footage from independent sources, whether it's body cameras, or cell phones, or security videos."

Proponents of this portion of the bill also believe it will help protect police from false allegations.

Cassis applauded the passage of the bill. "It's a very positive piece of legislation, I think it does a lot to bridge the gap between community and policing," he says. "Bits and pieces of this bill have passed in several other states, some states and some cities have gone forward with body cams. The bias training has been in place in many states. But I think we're probably the first to put it all together and make it a comprehensive piece of legislation."

Sen. Eric Coleman (D-Bloomfield), co-chair of the Judiciary Committee and one of the bill's champions, also believes it's a move in the right direction. "What would be inappropriate is to do nothing in the face of incidents that have occurred around the country, even some of the incidents that have occurred in the state of Connecticut, over the past two years," he says. "If folks believe as I believe, that death should not be an outcome of such police and citizen contact, then I think people will agree that this bill is a step in the direction of minimizing tragic outcomes under such circumstances."

Beyond preventing drastic instances, it is hoped that the new bill will also help prevent episodes like the Glanville incident as well as profiling, and ease the misunderstanding and mistrust between community members of all races and police. | E.O. |

William Jelani Cobb

THE UCONN PROFESSOR HAS BECOME ONE OF THE LEADING VOICES ON RACE, CULTURE AND POLITICS.

PETER MORENUS

Earlier this year, William Jelani Cobb, the director of the Africana Studies Institute at the University of Connecticut and a staff writer at *The New Yorker*, accepted the 2015 Hillman Prize for opinion and analysis at the Harriet Beecher Stowe Center in Hartford. During his speech, surrounded by some of America's foremost public intellectuals, Cobb read off the names of those who could not be in attendance, a somber list containing the memories of Trayvon Martin, Eric Garner, Freddie Gray, Rekia Boyd and more than two dozen other African-American men, women and children who have been killed over the years.

"I have written in the hopes of keeping their names alive. I have written because they cannot," Cobb said in a deep, resounding voice. "I write because a different world is possible, and we must always remember that. And I've written in the hope that we might move from contingent citizenship to actual democracy."

Since joining *The New Yorker* as a contributor in 2012, these names have indeed shaped the arc of Cobb's career, turning him into one of the country's most respected writers on issues of race, culture and politics. His success comes at a time when the nation has been forced to face the ramifications of its own sordid racial legacy in places like Ferguson, Mo., and Baltimore. The first piece he penned for the magazine analyzed the Trayvon Martin case in Sanford, Fla., and how the events related to the presidency of Barack Obama.

"I guess I've been on the racial disaster beat, but we've been in a period where these things have been happening," Cobb says. He's sitting in a booth at a trendy restaurant on the corner of Frederick Douglass Boulevard and 116th Street in Harlem. "If you can talk about someone's humanity in a way that often gets overlooked, then you have a responsibility to do it. I guess that's what motivates me in a way."

Cobb's training as a journalist—having come of age under the tutelage of legendary *New York Times* columnist David Carr at the *Washington City Paper*—and academic prowess as a professor of history, have allowed him to comment on today's unrest with a uniquely prescient foresight. In his commentary he has often achieved the very difficult task of making sense out of the senseless, most recently delving into the historical context of the Confederate flag and how the symbol relates to the mass shooting in Charleston, S.C., on June 17.

"When we talk about race, very often we're talking about it in the language of recrimination and blame, but we also very often talk as if history never happened," Cobb explains. "If we look at these episodes that are happening in Baltimore, in Ferguson, in Sanford with Trayvon Martin, if we look at them purely as a kind of contemporary phenomena, then we don't understand how it's linked to the riots that happened in 1967, 1965, 1943 and 1935."

Cobb plans to help his students at UConn begin to think in similar terms by offering a new course this fall on the protests that took place in Ferguson following the killing of Michael Brown last August.

"When I was in Ferguson, I felt like my syllabus had jumped off the page. The distance between academic history and contemporary life collapsed," says Cobb, who has also authored several books over the years and become a frequent commentator on CNN and MSNBC. "All these dynamics that we were talking about in the news nationally, we can kind of use Ferguson as a lens."

Born and raised in Queens, N.Y., Cobb initially developed an interest in history and rhetoric as a way of conceptualizing his surroundings. He wanted to understand the racial and ethnic makeup of his neighborhood, and why his parents had left the southern states of Georgia and Alabama for New York City. Later, while attending Howard University in Washington, D.C., he saw the study of history and commentary as a way of impacting the future.

"What drew me to history was its ability to impose order on what had previously been disparate facts to me," he says. "I was interested in how the historians I admired had shaped the public discourse. John Hope Franklin was involved in *Brown v. Board of Education*, and so I was looking at this going, 'We actually have a place, a role to play, in the way that policy is formulated and the way that we talk about things.'"

But ultimately, what Cobb seems to hope for above all else, more than a sense of understanding or the power of influence, is a day when he no longer needs to write in memoriam.

"I hope that I will never have to write another story like the stories that I've written about Ferguson and Baltimore," he said during his Hillman address. "The past is said to be prologue, and sometimes it should be said that it is just as often indistinguishable from the present. In writing, I've hoped to make some small contribution toward that not always being the case." | JACKSON CONNOR |

Connecticut Calendar Girlz

RAISING MONEY TO SUPPORT VICITIMS OF DOMESTIC VIOLENCE NEVER LOOKED SO GOOD.

K. STANFORD PHOTOGRAPHY

A beautiful woman posing in front of a classic car—it's one of those iconic pinup images that have defined and inspired American culture. The way photographer Karen Stanford sees it, these are powerful, stunning women who are in control. It seemed the perfect subject for her passion project—a professional calendar that would raise money for the Interval House, a Hartford-based resource to fight domestic abuse.

"I wanted to take the passion of my photography and pay it forward. I've done that my entire life, giving to others," Stanford explains. "I woke up and I put on Facebook in 2012 that I thought a calendar would be a cool idea. I was looking at pictures of my mom and her mom. She was in a pinup style. That inspired me to put it all together."

The response was immediate and overwhelmingly positive. Stanford picked the first 12 women who signed up on that fortuitous Facebook post and set out to shoot the first calendar. Each woman donned a pair of killer heels and posed in front of a beautiful car or motorcycle, determined to make a difference.

Since then, the interest from women who want to be involved and the response from customers has only increased. Some of the women involved have experienced domestic violence themselves and some have not. Stanford has now shot four calendars for her organization Connecticut Calendar Girlz. The calendar is popular beyond Stanford's home state; it sells across the United States and internationally in France, Germany, Scotland and other countries. The 2016 calendar will be released on August 1.

"After [the first calendar] we had casting calls because there were so many women who wanted to be involved," says Stanford, who is also a middle school special education teacher. "I couldn't believe it became this little Connecticut phenomenon. These days people ask us if their cars or motorcycles can be in [the calendar]. They reach out to us."

Over the course of three calendars, Connecticut Calendar Girlz has raised more than $25,000 for the Interval House. Stanford picked domestic violence as the worthy cause for the calendar because, "too many people I knew [were being affected], and there was not enough information out there. There was not enough awareness.

"I do not come from any domestic violence in my life. I come from the extreme opposite," she continues. "I wanted to give back and show there is something besides the screaming and insults and the hands. It is possible to be loved like I was."

The calendar is shot throughout the year all over the state. The only location requirement Stanford needs is the ability to get a classic car or motorcycle on the premises. She says she'd love to shoot at Kent Falls or Gillette Castle, but she can't get a vehicle close enough. Maybe one day. As she says breezily, "there's always another year."

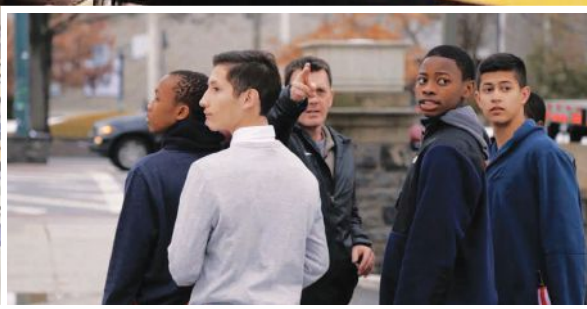
"I love it so much and the women I meet are absolutely fabulous," says Stanford. "These are women who were so afraid to get in front of the camera but they wanted to pay it forward themselves. They wanted to give in some way." | K.H. |

ctcalendargirlz.com

(Clockwise from top): Facinet Haidara (ECI Generation 1, currently enrolled at SCSU) tutors current ECI student Mardochee Bouanga; Dickenson College soccer coach Brian Redding gives ECI students Brayan Canas, Mohamed Kane, Enzo Jofre and Charlie Sakouvougui a tour of his campus; Former ECI student Mu'Ammar Camara checks in with current student Charlie Sakouvougui during an academic session; Shemar Nesbeth and Rubiel Rodriguez playing soccer at an after-school session; Executive Director Lauren Mednick explains an assignment to students Charlie Sakouvougui, Brian Mendez, Jonnathan Encalada, Kevin Jaigua, Luis Rodriguez, Enzo Jofre, Mohamed Kourouma and Brayan Canas. Mentors Andrea Keefe, Facinet Haidara and Marco Olmedo are also pictured.

|community|

BY KATE HARTMAN



THE ORGANIZATION: Elm City Internationals (ECI)

THE MISSION: To help low-income children in New Haven, mostly immigrants and refugees, succeed in school and go on to college. The catalyst—the international sport of soccer.

THE STORY: Lauren Mednick was inspired to help refugee and immigrant youth in New Haven while working for a refugee relocation organization in 2008. She taught a first-grade classroom after graduating college, and helping in that room was a frequent consequence for teenagers who acted out. It was there Mednick met four young boys who would become the impetus for her efforts.

"Those four boys loved soccer, as did I. We bonded over that," says Mednick. "That spring, I started a recreational soccer team through the agency I worked for. Their confidence really flourished. They started caring about school and life and people. That's when I started my own nonprofit. The program I was working for lost funding, and I didn't want to lose those kids."

Elm City Internationals (ECI) is more than just a soccer club. The program, which participants must commit to throughout high school and college, combines sports and academics to help them succeed. The boys need to pledge 20-30 hours of participation per week.

"A third of the time focuses on soccer, a third of the time we help the kids with homework through a mentoring program, and the final third we have our own reading and writing program," explains Mednick. "Some kids are college ready, most are not. We were corresponding with what the schools were giving them but the bar was set low so we set the bar higher. It's really adapted to each kid in the program."

The nonprofit accepts a small number of boys in order to maintain personal involvement and ensure they can help them pay for college. ECI's team of volunteers consults guidance counselors in middle schools and pulls on community contacts to find good fits. They look for kids who need help in school but excel at soccer. At this point, the program is only geared toward boys.

"We're not trying to make a national team but we feel soccer is what keeps them coming to us," Mednick explains. "Through the recruiting process, we're not just taking the best of the best. We want the kids who need us the most and have demonstrated they're good enough at soccer that they will stick with it and be successful."

ECI's first group of 12 boys will be entering their junior and senior years of college, and a second cohort of a dozen eighth- and ninth-graders were accepted for this year. Many of the boys in the program come from Africa and Latin America, with the largest contingencies coming from Liberia, Guinea and Congo and Ecuador, Mexico and El Salvador respectively.

Throughout the year, the organization runs clinics for a few hundred students in the community where they can receive general tutoring and play soccer. These clinics are community service opportunities for the kids in the program.

ECI is largely funded through donations from the community, primarily from people who meet the boys and want to help. They have also received a grant from the Youth Soccer Foundation and were awarded top prize at The Great Give for the last two years, totaling $15,000.

"We're in the midst of expansion now," says Mednick. "We want to start bringing kids in fifth and sixth grade by fall 2016. The goal is to have, at any time, a middle school, high school and college cohort.

"We have a college scholarship fund. We commit to give kids gap money for college, some get full scholarships and some get partial scholarships," she says. "We can't keep more than 15 or 16 kids in college at the same time. We plan on keeping that gap [in cohorts]. If at some point in the future the funding changes, we'd love to serve as many kids as possible."

elmcityinternationals.org

If you have an organization with an event that you'd like us to consider for the Community page, please send the details to khartman@connecticutmag.com.

FLOWER FIELDS

Beautiful weather begs venturing outdoors and there's no better place to enjoy summer than amid 350,000 blooming red and yellow sunflowers at Lyman Orchards in Middlefield. Navigate Connecticut's original Sunflower Maze, which is shaped like a dinosaur this year, from Aug. 1-23. On opening day, The Cat in the Hat and Arthur will meet and greet visitors, courtesy of CPTV Kids Day. One dollar of every maze admission supports Connecticut Children's Medical Center.

But that's not all: Stop by the orchard on Aug. 15 for the annual Peach Fest where you can pick your own peaches and participate in family-friendly activities. Don't forget about the old-fashioned New England Clambake on Aug. 22—fresh steamed lobsters, clams and mussels, New England clam chowder and more. (Reserved seating required.) Wrap up the summer with the famous corn maze, which welcomes visitors starting Aug. 29.

lymanorchards.com

ROYAL STALLIONS

Equine tradition has survived thanks to the **Royal Lipizzan Stallions**, the elite horse breed trained by the Herrmann family. These impressive stallions dazzle with the execution of the "Airs Above the Ground" maneuvers, dramatic leaps and plunges, which were developed as aggressive battle moves in the 16th century. On Aug. 14-16, the stallions will be showing all those maneuvers at Roseland Cottage in Woodstock. *historicnewengland.org*

SONGS OF SUMMER

The sounds of summer are coming to Connecticut courtesy of the ultimate California band, **The Beach Boys,** on Aug. 12 at the new College Street Music Hall in downtown New Haven. Expect all the classic hits as well as the band's legendary harmonies and hooks. *(203) 867-2000, collegestreetmusichall.com*

UNLEASH THE DRAGON

Dragon boats will cut through the water; competitors race to the finish while on land visitors enjoy authentic Asian music, dance performances, an Asian beer garden, a martial arts expo and more. It's all part of the **Riverfront Dragon Boat & Asian Festival,** which celebrates 15 years on the Hartford waterfront this Aug. 15-16. *riverfront.org*

GET CRAFTY

More than 150 fine artists and craftsmen will exhibit their wares—paintings, sculpture, photography, wood, ceramics, jewelry and more—at the **SoNo Arts Celebration** on Aug. 15-16. Come out and enjoy the dozens of performing artists and musicians in historic South Norwalk. The kids can express themselves in the Children's Art Playground while you take home your own original piece of artwork from a local or national artisan. *sonoarts.org*

BEDROOM FARCE

Step into the bedrooms of four different couples on one Saturday night. In this room that sees the best, worst and most of us, the squabbles, bothers, bruises and epiphanies of this wild group unfold in hilarious fashion. Stop by the Westport Playhouse for **Bedroom Farce** beginning Aug. 25 and running through Sept. 13. *(203) 227-4177, wesportplayhouse.org*

RIDE FOR A CAUSE

Cycle through the hills and enjoy some fresh air as part of the 12th annual **Tour of the Litchfield Hills** on Aug. 2, a cycling event perfect for riders of all ability levels. There will be noncompetitive 12-, 30-, 55-, 75- and 100-mile bike rides and walking routes through scenic Litchfield County. And it's all for a good cause—The Cancer Care Fund of the Litchfield Hills, Inc. *tourofthelitchfieldhills.com*

See August 2015 calendar listings at connecticutmag.com/calendar

AN EVENING WITH BOSTON

AUG. 13 | MOHEGAN SUN ARENA

(860) 862-8499, mohegansun.com

Rocking since the mid-1970s, **Boston** has left a trail of classic hits in its wake including "More Than A Feeling," "Peace of Mind," "Smokin'," "Rock and Roll Band" and "Don't Look Back." But this is not a band that rests on its laurels. The group—which includes band founder and guitarist Tom Scholz, guitarist Gary Pihl, drummers Curly Smith and Jeff Neal, lead vocalist Tommy DeCarlo, bassist Tracy Ferrie and keyboardist Beth Cohen—released its sixth album, *Life, Love & Hope,* in 2013.

Boston has been on the road for the better part of four decades, and isn't slowing down now. The band will perform at Mohegan Sun Resort Casino on Aug. 13, which will be its only stop in the Northeast on this tour.

Guitarist Gary Pihl (*at far right, above*), who has been with the band since the '80s, discusses the tour, the fans and most importantly, the music.

So why only one stop in the Northeast this time around?

It's just the scheduling, you know. As they put the tours together, they try to make it all available for the trucks and buses to get where they need to, set it up and start again. Then we're off to the next place. But the fans in Boston have been fantastic over the years. We've had special moments in Boston. We did the Boston Strong concert last year. That was wonderful for us to take part in that. We played the "Star-Spangled Banner" at a Patriots game. It's nice that we feel part of the community there.

What keeps you excited about touring?

It's the audience. People always ask us, "Do you get tired of playing the same songs?" I would if I had to sit in my living room and play them, but to have the people there singing along, sometimes louder than the band—I still get choked up. The music has obviously touched people's lives in ways you've never known. They remember where they were when they first heard it. The music is what means so much to people.

Why do you think it's important for people to come out and see Boston live?

It's that magic of a live performance. You have four, five or six people actually making the music live right in front of your eyes. I remember concerts I've been to and I remember that time. You're talking with your old buddies. It was an event, an adventure in your life. Those are the kinds of things you don't get listening to your iPod. One thing we're proud of is we don't use prerecorded tracks, tapes or background vocals. People will say it sounded just like the records. "How do you do all the vocals?" We're all singing up there. If we're making mistakes, we're really making mistakes.

How has this tour been going for you?

Very well. We've been blessed with some terrific crowds who like what we're doing. We've taken requests from our Facebook page. It's great to get that immediate feedback. They've asked for things we haven't played in a while, some deep cuts as they used to call them, songs that perhaps weren't the biggest hits but people love it. We will certainly play all the hits that people want to hear. We've thrown in a few songs off the new album that people may not have even heard yet. | K.H. |

BEAUTIFUL TREES MAKE A HOUSE A HOME.

We're Bartlett Tree Experts, a 100+ year old tree and shrub company with global reach and local roots. Our services include:

- Tree & Shrub Pruning
- Cabling & Bracing
- Fertilization & Soil Care
- Insect & Disease Management

BARTLETT TREE EXPERTS

SCIENTIFIC TREE CARE SINCE 1907

FOR THE LIFE OF YOUR TREES.

Call 877.BARTLETT (877.227.8538)
or visit BARTLETT.COM

The Odyssey: Devised

A man lost at sea battling mystical creatures and the wrath of the gods to return home to his family—it's a story with which we're familiar. Homer's epic *The Odyssey* has been assigned in countless high school and college classrooms, settling in as an immovable brick in our collective literary psyche, but this summer the well-known tale will be told in a brand new way courtesy of Long Wharf Theatre in New Haven.

A riff on a "Choose Your Own Adventure" book, the theater's version puts the actors in charge to create a one-of-a-kind rendition of the classic, called ***The Odyssey: Devised.*** The experiment was the brainchild of Education Programs Manager Mallory Pellegrino, who was given free rein to fill the theater's summer slot, which is when the Shake it Up Shakespeare program is usually staged.

"They asked me what I would like to try. I'm a big fan of trunk theater, devised theater and found object theater," Pellegrino says. "There's an imaginative quality of that work that really interests me. It doesn't have to have big sets and costumes. If I'm going to make [an object] this thing, then we're going to believe it's this thing."

As a theater educator, Pellegrino employs these exercises with her students and has found them to be really fun and successful. She also believes in giving actors a voice to express themselves and write their own works. All of these ideas will converge in *The Odyssey: Devised*. She plans to guide the process but leave it open to interpretation so the participants—a half dozen actors aged 13-21—can craft their own narrative throughout the rehearsals.

"I picked *The Odyssey* because it's a pretty familiar story. The thread of *The Odyssey*, a man trying to find his way home, that story is in a lot of different things," Pellegrino says before rehearsals are set to begin. "What's going to happen? I really don't know until I get the actors in the room. That first week will be playing.

"There isn't a script yet. I know that's a scary thing to hear," she admits. "We're going to develop all of it. I'm excited."

Leaving the story open to interpretation allows for endless possibilities, but also unforeseen complications. What if only women sign up? What if only young children sign up? What if not enough actors audition? Pellegrino acknowledges this but instead of fearing it, she plans to embrace it.

"The challenge here is going to be not giving them too much freedom. Too much choice is no choice," Pellegrino says. "My job is giving them the parameters and letting them create. Not to say no, but try to say yes, but you have to work within this structure."

She anticipates beginning the story with a shipwreck, but then letting the cast explore from there.

The Odyssey: Devised promises to be a creative adventure for the actors, but when the show hits the stage, Pellegrino hopes it will be a fun experience for the audience as well.

"It won't look like a whole lot when you walk into it," she says. "It will be immersive. You have to go along with the imagination. I would love to spark back that imagination that we have as young children."

Jump head first into the adventure on Aug. 7-8 at 7 p.m. at Long Wharf's Stage II.

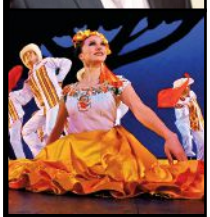
(203) 787-4282, longwharf.org | K.H. |

LEFTERIS_T/THINKSTOCK/ISTOCK

THE RIDGEFIELD PLAYHOUSE
for movies and the performing arts
Non-profit 501 (c) (3)

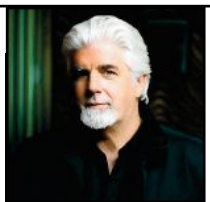
15TH ANNIVERSARY GALA!
SMOKEY ROBINSON
UP CLOSE & PERSONAL
October 10 @ 5:30PM Gala, 8PM Show
Don't miss this MOTOWN icon LIVE! Silent & live auctions!

Donny Osmond
The Soundtrack Of My Life Tour
September 12 @ 5:30PM & 8:30PM
Celebrating 50 Years as a performer! An intimate look at Osmond's most beloved moments in entertainment including his chart topping solo hits!



Ballet Folklórico de México
September 30 @ 7:30PM
Exquisite folk dance that reflects the rich culture of Mexico.

Melissa Etheridge
This is M.E. Solo Tour
October 5 & 6 @ 8PM
Academy and Grammy winner, Etheridge shares personal stories and the inspiration behind some of her most beloved songs including "Come to My Window," "I'm The Only One," and "I Want To Come Over."



Michael McDonald
October 20 @ 8PM
With hits "I Keep Forgettin'," "Ain't No Mountain High Enough," "What A Fool Believes" and more!

The Irish Rovers
December 5 @ 8PM
A Christmas celebration honoring their 50 Years of Music! Relive early hits like "The Unicorn," "Whisky on a Sunday," and "Wasn't That A Party," plus holiday favorites like "Christmas in Killarney" "Oh, Holy Night," and "We Wish You A Merry Christmas."

Tiempo Libre
December 17 @ 7:30PM
A special holiday show by the modern heirs to Cuba's rich musical tradition.

For tickets: 203.438.5795 • RIDGEFIELDPLAYHOUSE.ORG

Aah-eeh-ah-eeh-aaaaaah-eeh-ah-eeh-aaaaah!

Fans of Edgar Rice Burroughs will be gathering on Aug. 20-23 in Clinton for **Dum Dum 2015,** the annual convention celebrating the author's iconic fictional creations, including John Carter of Mars and Tarzan.

This year's event, being held at the Andrews Memorial Town Hall, will feature a Tarzan movie marathon (including the 1939 classic *Tarzan Finds a Son,* starring Johnny Weissmuller as the Ape-Man, as well as the Disney animated feature *Tarzan*), panel discussions, special guests, a comic-drawing workshop for kids and a Tarzan yell competition, to be judged by descendents of Edgar Rice Burroughs. Dozens of vendors and artists will be on hand selling books, drawings, art, movies and other memorabilia.

"Edgar Rice Burroughs' *Tarzan of the Apes* first appeared in print at a time when the individual threatened to be overwhelmed by the vastness of the industrial age," says Henry G. Franke III, editor of The Burroughs Bibliophiles, a nonprofit literary society dedicated to Burroughs' works. "Tarzan was a character with the intellect and strength to dominate his environment, to live in harmony with nature, and to control his destiny. And he lived a life of adventure in parts of the world that few had ever visited. These traits continue to appeal to a global audience, even in the information age."

Franke also credits Burroughs as "a literary visionary as he introduced Tarzan to every media outlet over the years, including film, newspaper strips, comic books, and radio, creating new fans in each succeeding generation."

This year marks the first time a "Dum Dum"—the term for the convention, taken from the word for the gathering of the apes in *Tarzan*—will be held in Connecticut since it was initially started in 1960, a decade after the influential writer's death. Since then, the event has met annually around the nation, drawing fans from all over.

tarzan.com/meets | R.B |

Home
is where the heart is.
If your loved one is in a skilled nursing facility, an assisted living facility, or a residential care home, you can ensure that they are properly taken care of.
Concerned families and friends can count on the Long Term Ombudsman Program to address issues concerning residents' rights.
We can be your voice when you need help the most.
Connecticut
LTCOP
LONG TERM CARE OMBUDSMAN PROGRAM
Call Toll Free 866-388-1888 www.ct.gov/ltcop

For more information, see page 82

Keep the Homefires Burning
Handmade Firepots
Uses non-toxic, non-flammable fuel safe for indoor and outdoor use
The Bowerbird
Home of Impulsive Necessities™
Best of Connecticut Winner For Best Gift Shop!
Old Lyme Marketplace, Old Lyme, CT 860.434.3562 www.thebowerbird.com
BEST OF CONNECTICUT

Treetop Adventures

Old Fashioned Family Fun 7 Days a Week!

SILVERMAN'S FARM

Pick Your Own

Peaches: Starting in July

Apples: Starting in August

Make a day of it! Visit our 5 acre Animal Farm to feed and pet the animals.
Buffalo, bunnies, sheep, llama, long horned cattle, baby pigs and more...

Fresh Baked Pies
Local Honey
Country Collectibles

Visit our Website for a list of special events!
www.Silvermansfarm.com
451 Sport Hill Road, Easton, CT
203.261.3306

Adventure awaits you in the treetops of Connecticut's forests.

By the end of summer, you may be burned out from the beach and tired of the water parks. If you're looking for some fresh family fun, head to one of the state's new adventure parks where you can sail through the trees on a high-flying zip line or tackle a ropes course suspended off the ground.

The latest additions to the state's action landscape are Go Ape Treetop Adventures in New Britain's AW Stanley Park and The Adventure Park at Storrs. Perfect for anyone over age seven, these two facilities are great places to bring the family, your friends or coworkers for a bonding experience.

"We frequently hear parents exclaiming their enthusiasm that The Adventure Park created an activity and a place where they could all have healthy, outdoor fun together and nobody touched an electronic device for hours at a time," says Anthony Wellman, marketing and communications director at The Adventure Parks of Outdoor Ventures.

Opened at the start of summer on May 29, Go Ape Treetop Adventures lets you get your monkey on. The outdoor playground includes five zip line courses—featuring Connecticut's longest zip line at 900 feet—and the first skateboard zip line in the U.S., where you stand on a board that's zipping along below you. The ropes course has rope ladders, 40 crossings including the circus-esque half-trapeze, wobbly ladder and two Tarzan swings.

"Go Ape is a great outdoor activity for groups of all sizes," says Managing Director Dan D'Agostino. "We frequently serve corporate team building groups, bachelor/bachelorette parties, boy scout and girl scout groups, and host events by online dating sites and social clubs. Swinging through the trees, laughing along with your friends and coworkers is a great way to spend the day."

The "aerial forest ropes park" at The Adventure Park at Storrs consists of five different courses. Sixty platforms are installed in the trees and connected by various configurations of cable, wood and rope to form bridges and zip lines. Stop by at night for a totally different, darker experience. The park is open until 8 p.m. on weekdays and 10 p.m. on weekends so you can zip under the stars.

If you're scared of heights or nervous about the courses, don't worry—there is thorough instruction provided to all participants at both parks to keep you safe, plus multiple employees to help you along the way.

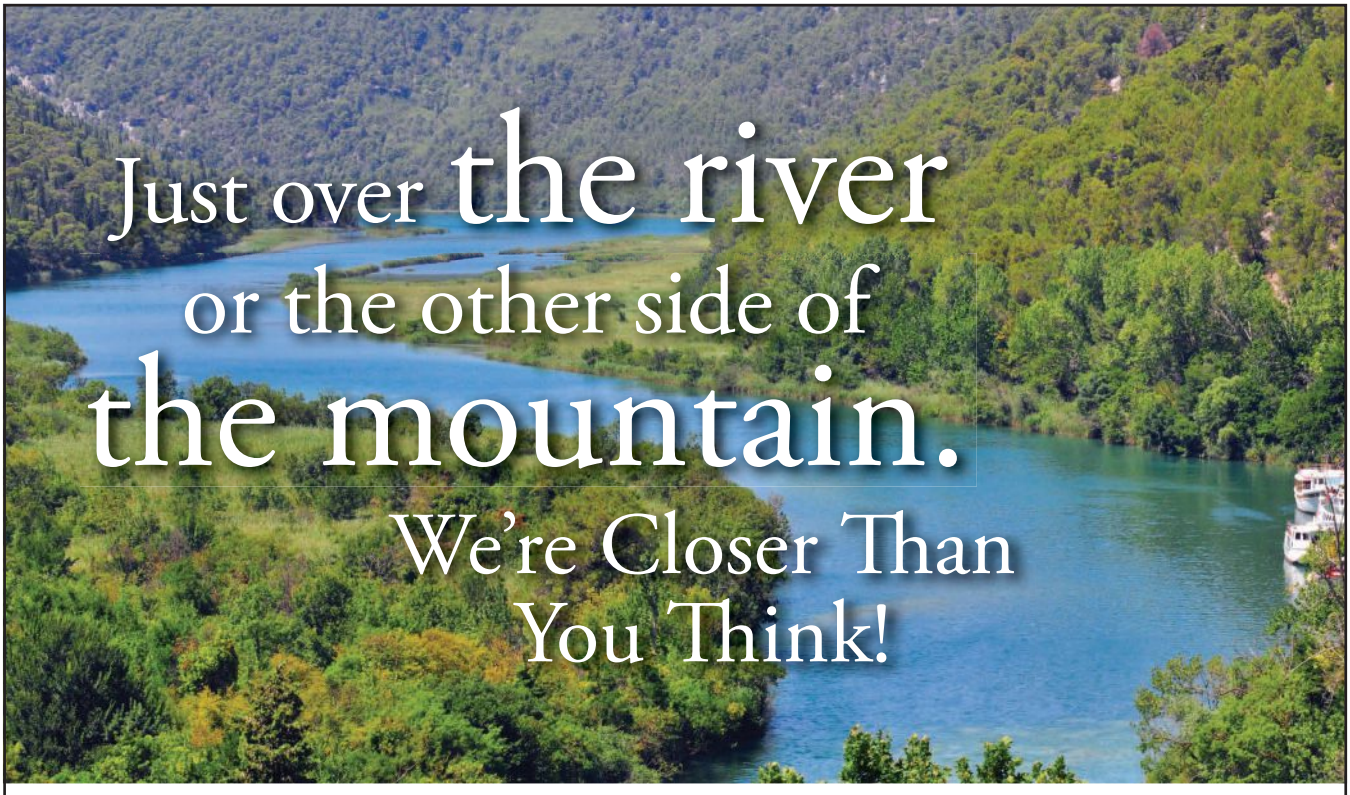
"I have had many people at our parks tell me that they had height issues and that a climb at The Adventure Park actually helped them deal with those feelings constructively," Wells says. "Quite often children convince their parents to come climb along with them and it is in this context that many parents are compelled to confront their height phobias. As our parks feature a selection of aerial trails ranging from beginner through advanced, our climbers approach heights gradually where they can progressively build self-confidence."

Fun is the main item on the agenda at these outdoor aerial parks, but all that climbing and flying is also the perfect time to get in touch with nature. While you're up there, glance around at the trees and breathe the fresh air. A portion of every ticket at Go Ape goes to support the forest. Do a little good, and have a lot of fun. | K.H. |

storrsadventurepark.com, goape.com

The same pair of shoes works for everything, right?
Neither does the same pair of eyeglasses...
Kennedy & Perkins
GUILD OPTICIANS
Guilford • Old Saybrook • Orange
Branford • Hamden • New Haven
kennedyandperkins.com

For more information, see page 82



Duncaster offers you the opportunity to share in the best retirement experience that Connecticut has to offer. From scenic New England countryside to shopping, dining, cultural events and entertainment, you'll find the best of both worlds at Duncaster.

The fact is, at Duncaster you'll find an extension of the life you know and love now—only more of it! You will find an unparalleled lifestyle of comfort and convenience, with an array of services and amenities, all with the peace of mind and security that come with on-site health care. *Live the life you know, in a place you'll love.*

Call 860-380-5006 for a complimentary lunch and tour when you mention this ad.

Duncaster
A LifeCare Retirement Community

40 Loeffler Road, Bloomfield, CT • www.Duncaster.org

For more information, see page 82

Duncaster Retirement Community

Growing to meet the evolving desires of seniors

The time had come. "Taking care of a house had become overwhelming. Moving to a one-bedroom apartment home in a retirement community just made sense," says Mary, a resident at Duncaster Retirement Community, summing up the feelings of many seniors who seek a simpler, more secure future.

Duncaster residents decorate using their furnishings, adding personal touches to create a comfortable apartment home.

A retirement community doesn't necessarily mean a retiring lifestyle. At Duncaster, located in Bloomfield, CT, everyone enjoys a wide range of amenities and activities, and is able to keep his or her busy lifestyle without worrying about the ongoing chores that come with a house. **Residents may choose from something as simple as a one-bedroom apartment home to larger options offering multiple bedrooms, bathrooms or even a home office.** All include a balcony or patio. Interest is so high that Duncaster is adding new independent living, two-bedroom and larger apartment homes that will be move-in ready in October 2015.

A lot has changed since Duncaster opened its doors. "Over the course of Duncaster's 31 years, the expectations of seniors changed significantly," says Michael O'Brien, CEO and president of Duncaster. "We are expanding amenities and services to meet new demands. Many of the changes we make are in response to resident requests, such as the full-coverage emergency generator installed a few years ago."

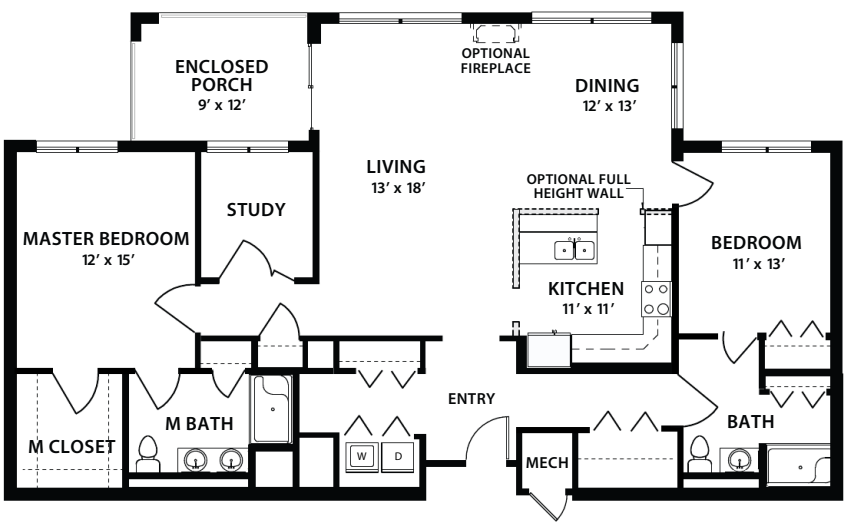
Lately, demand for assisted living–with easy access to skilled nursing and medical care–has been growing. "We're experiencing requests from consumers for assisted living services and find a growing need for support through the various stages of memory care," says Carol Ann McCormick, VP of Sales and Marketing at Duncaster. **"People want to live where they will receive supportive, loving and dignified memory care in a safe yet liberating home.** Duncaster offers such an environment in one of its neighborhoods."

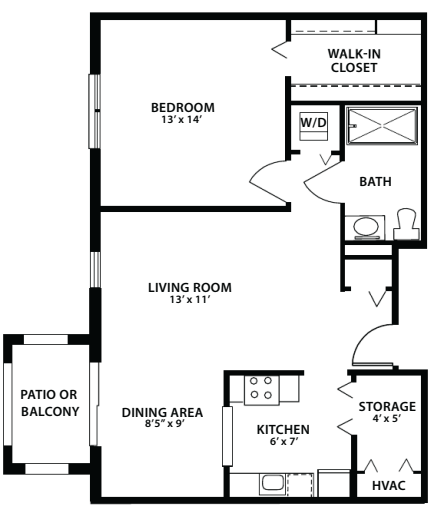
To meet this demand, Duncaster is building new memory care accommodations, opening in September 2015, tailored to help people be successful in day-to-day living with as much independence as possible. These residences are centrally located around common living, dining and family areas. The staff of the memory care neighborhood is available around the clock, and residents have easy access to rehab and skilled nursing care as needed.

The times and the nature of senior communities are changing. "Duncaster is here to provide the finest senior living experience for a diverse and evolving community of seniors," says O'Brien.

To learn more about available independent living apartment homes, assisted living or residency for a loved one with memory loss, please call Carol Ann McCormick at 860-380-5005.

Residents select a floor plan that best suits their style–from one-bedroom apartment homes to larger multiple-bedroom options.





The desire to live closer to their two daughters prompted Bob and Lorna to search for their ideal continuing care retirement community — a not-for-profit with lots of outdoor beauty and space.

These world travelers and avid hikers found that Masonicare at Ashlar Village offered all this and so much more. Drawn to the spacious Villa homes with wooded privacy and comfort, a vibrant lifestyle and complete freedom to come and go as they please — Bob and Lorna now proudly call Ashlar Village "home."

Attend an upcoming Open House to see what Ashlar Village can offer you!

Call 1-203-679-6425 or visit www.AshlarVillage.org

Masonicare at Ashlar Village

74 Cheshire Road, Wallingford
Conveniently located off Route 15 in central Connecticut.
For more information, see page 82

Masonicare at Ashlar Village

Open to people 55 and over, Ashlar Village is a unique, not for-profit Continuing Care Retirement Community owned and operated by Masonicare, Connecticut's oldest, most trusted provider of senior healthcare. Centrally located in Wallingford, our nationally accredited community sits on 168 picturesque acres and offers a wide array of senior living options and broad range of healthcare services in Connecticut. Here, you find all you need to live confidently and worry-free.

Your lifestyle. Your choice. At Ashlar Village, choice is a way of life. That's why we offer so many living options on one campus. You choose from one-, two- and three-bedroom independent living apartments, cozy cottages and spacious villas offering a wide range of amenities and options to customize your home.

Carefree isn't just a word. It's your new way of life. No more cutting grass, raking leaves or shoveling snow. Ashlar Village takes care of all exterior maintenance for you, as well as interior housekeeping and upkeep. So, this is truly your time to enjoy.

A social life that suits your style. From summer concerts on our lush green lawn, to friendly competition on our bocce courts, Ashlar Village residents never have to worry about what to do. Play some billiards…practice on our putting green… attend a lecture… or take an art class. You'll have so many choices; you may need a bigger calendar.

Peace of mind today. And every day. At some point in your life, you may desire a living arrangement with a greater level of support. If so, good news – our Pond Ridge Assisted Living community is right on campus. And, because Ashlar Village is part of the Masonicare healthcare continuum, you'll find multi-level, medical and nursing care all located adjacent to our campus. With a full scope of services, ranging from home care services to skilled nursing, you'll know you've planned wisely for tomorrow.

Countless lives. One community. All for you. But don't just take our word for it. Come see for yourself what life at Ashlar Village offers and attend an upcoming Open House. You'll have ample time to tour a variety of accommodations, as well as shopping, dining and activity areas in the Hartog Activities Center. You'll also have the chance to meet the residents who proudly call Ashlar Village "home." Ashlar Village is the right fit for so many who choose joy of living and peace of mind. You may be one of them!

Call 1-800-382-2244 or visit www.ashlarvillage.org.

We've Made Our Plans, Now It's Time To Start Making Yours

Welcome to the future of Seabury. Here's a unique chance to be part of it. We have teamed with a top architectural firm and developed plans for 65 additional distinctive, well-appointed independent living residences – and so much more! Many unique floor plans are available, each with beautiful views and vistas in all directions and the flexibility to customize them to your personal taste. And that's just the beginning. Join us for an info session to learn more about the state-of-the-art features and amenities included in our new expansion, as well as the Seabury At Home program.

Discover Seabury and Seabury At Home at our info sessions held at Seabury every 1st Thursday at 1:30 p.m. and every 3rd Wednesday at 10:30 a.m. Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail info@seaburylife.org

Seabury
An Active Life Care Community

Seabury At Home

200 Seabury Drive Bloomfield, CT 06002
(860) 286-0243 *or* (800) 340-4709
seaburylife.org

BEST OF Hartford MAGAZINE 2009 2010 2011 2012 2013 2014 2015

For more information, see page 82

Seabury Prepares for the Next Generation

Seabury is an active life care community located on 66 acres of beautiful countryside in Bloomfield, Connecticut. In recent months, Seabury has been preparing for the next generation with some exciting developments. First, Seabury teamed with the country's top senior living firms and developed plans for a major construction project — including 65 independent living residences. Many unique floor plans will be available, each with scenic views and vistas in all directions and the flexibility to be customized to residents' personal taste. "Besides state-of-the-art features and amenities, what really sets these properties apart is the ability for residents to truly create their own home environment," says Renee Bernasconi, Chief Strategy Officer and Senior Vice President of Marketing and Communications. "The goal is to create designs that are as unique as the individuals who live here."

In addition to the independent living residences, the new development will expand upon Seabury's first-rate health care services and offer several new features, including multiple dining venues, an expansive chapel/auditorium and a brand new salon/day spa. Seabury is also constructing open meeting spaces for college-level courses provided by the Adult Learning Program. As part of its environmental sustainability efforts, Seabury is pursuing Green Globe certification. Seabury residents will also be able to have the protection and security of full campus generation, in the event of a power or weather emergency. In addition to Independent and Assisted Living and their full continuum of care, Seabury offers an innovative home-based life care program called Seabury At Home. Seabury At Home offers 100% coverage of future long-term care costs with the choice of living at home or on the Seabury campus. Seabury has recently lowered its age requirement to 50, one of the lowest in the country. The organization encourages prospects to consider transitioning while they are still active and healthy enough to qualify for Life Care and fully experience all that life at Seabury has to offer.

"A big part of what makes Seabury such a vital and thriving community is the fact that we're always looking forward," says CEO Richard Heath. "These exciting new projects will build on the strong foundation of what Seabury is today and make it even greater."

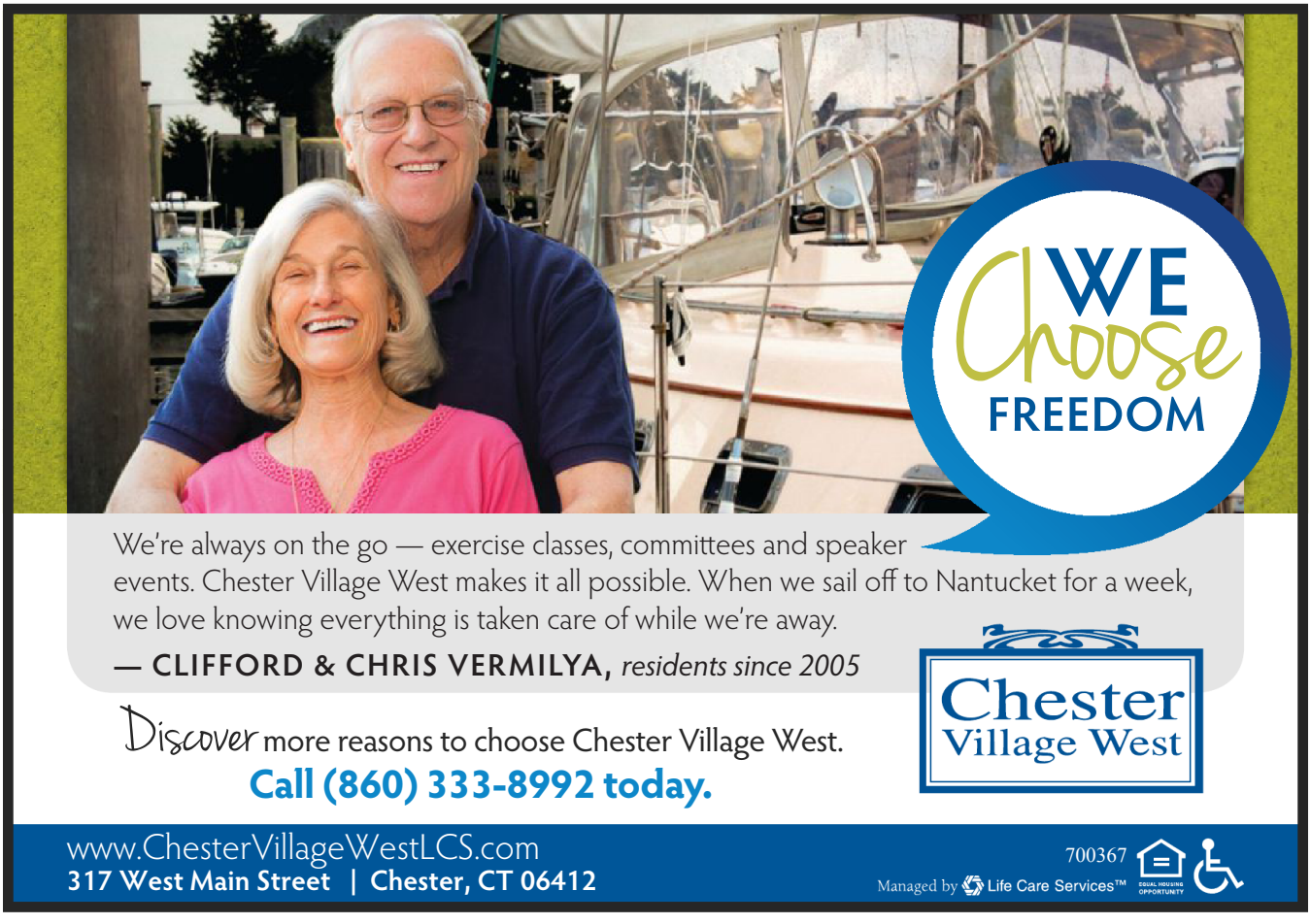
Chester Village West

Ask Sara Philpott, Marketing Director, what makes Chester Village West unique!

"How is Chester Village West different from other senior living communities?"
We are smaller than other communities, yet offer some of the largest apartment homes and houses in the area. We enjoy a campus-style setting with beautifully maintained grounds near the charming village of Chester. Our services and amenities are delivered by friendly, caring staff who know each and every resident.

"Does Chester Village West offer Health Services?"
Yes, Chester Village West offers a personalized approach to wellness that adds balance and enjoyment to life. Our *HealthyLife™ Services* program promotes intellectual growth through activities such as art classes, book groups, foreign policy discussion and more. Residents stay active in our fitness center and indoor, heated pool, and relax with on-site massage therapy. We also offer in-home assistance services catered to your individual needs managed by our Registered Nurse. This allows you to remain in the comfort of your apartment home and to make your own decisions. ***More than just a delightful place to live, Chester Village West is a healthy way to live.***

Contact Sara at (860) 333-8992 with questions or to schedule a personal visit.


WE Choose FREEDOM
We're always on the go — exercise classes, committees and speaker events. Chester Village West makes it all possible. When we sail off to Nantucket for a week, we love knowing everything is taken care of while we're away.
— CLIFFORD & CHRIS VERMILYA, residents since 2005
Discover more reasons to choose Chester Village West.
Call (860) 333-8992 today.
Chester Village West
www.ChesterVillageWestLCS.com
317 West Main Street | Chester, CT 06412
700367
Managed by Life Care Services™

Ridgefield Visiting Nurse Association

The RVNA Center for Exceptional Care will open in early 2016. For more information, visit www.ridgefieldvna.org.

RVNA is a fully-accredited, state-licensed, Medicare-certified non-profit home health care agency that cares for patients in 27 towns in Western Connecticut, with clinicians in a variety of disciplines. RVNA's highly-trained staff utilizes a comprehensive team approach to home care, ensuring all aspects of recovery are addressed. At RVNA, nurses partner with physicians to provide customized treatment plans, addressing situations as diverse as a short-term acute illness, an on-going chronic disease or a need for palliative care. RVNA rehabilitation therapists help patients successfully return to their daily activities after an illness, operation, fall, stroke or joint replacement surgery. These specialists – physical therapists, occupational therapists, speech therapists – provide customized treatment plans that range from extending endurance in a patient with a respiratory condition to getting an injured athlete out and about again. They partner with RVNA nurses to provide a complete treatment plan, often making the difference between merely recovering from illness and returning to active living. RVNA nurses and therapists receive up-to-date training, education and technology. All RVNA clinicians are now Certified Dementia Practitioners. And, RVNA simplifies transitions between home, hospital and rehabilitation center for patients and their families. RVNA provides care you can count on. Ask for RVNA by name.

care you can count on...

Our **comprehensive team approach** to home care means we can design and implement customized treatment plans, including both skilled and non-skilled services. So whether you or a loved one is recovering from an illness, injury, or joint replacement surgery, our highly-trained staff will provide the exceptional care you need.

Our team of caregivers include:

Registered Nurses
Physical Therapists
Occupational Therapists
Speech Therapists
Medical Social Worker
Nutritionist
Palliative Care Nurse
Home Health Aides
Homemakers
Live-ins & Companions

Our exceptional care is available in 27 towns in Western Connecticut, from Greenwich to Washington to Oxford. **RVNA is your VNA. Ask for us by name.**

rVna
RIDGEFIELD VISITING NURSE ASSOCIATION

90 East Ridge | Ridgefield, CT | **203.438.5555** | ridgefieldvna.org

Medicare-Certified Home Health Care Agency

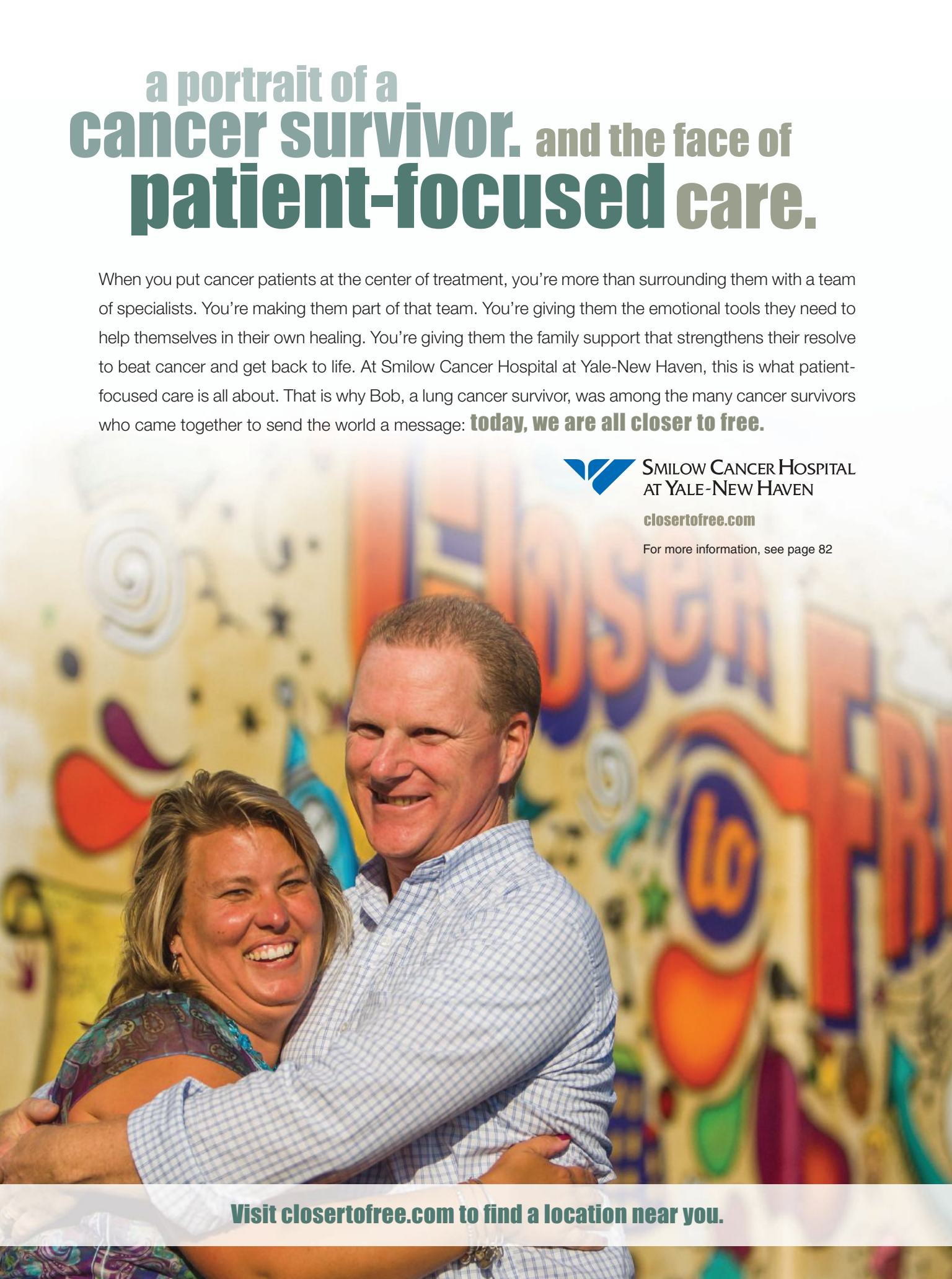
a portrait of a cancer survivor. and the face of patient-focused care.

When you put cancer patients at the center of treatment, you're more than surrounding them with a team of specialists. You're making them part of that team. You're giving them the emotional tools they need to help themselves in their own healing. You're giving them the family support that strengthens their resolve to beat cancer and get back to life. At Smilow Cancer Hospital at Yale-New Haven, this is what patient-focused care is all about. That is why Bob, a lung cancer survivor, was among the many cancer survivors who came together to send the world a message: **today, we are all closer to free.**

SMILOW CANCER HOSPITAL
AT YALE-NEW HAVEN

closertofree.com

For more information, see page 82



Visit closertofree.com to find a location near you.

SUMMER'S LAST BLAST

FAIRS, FESTIVALS & ROAD TRIPS

Hard to believe but the days are getting shorter and a large part of summer is already behind us. But that doesn't mean there isn't still plenty of sunshine ahead of us as well as myriad opportunities to continue taking advantage of the season. Here are some of the best events, things to do and places to visit to keep you busy for the rest of the summer and beyond.

The Durham Fair

JENNIFER SCHULTEN, WWW.SANDIASTUDIO.COM

FAIRS

Each year, Connecticut celebrates the summer growing season with dozens of agricultural fairs, from small local and 4-H events to major fairs that draw tens of thousands of visitors. In addition to appreciating the (literal) fruits of local farmers' labors, you can be sure to enjoy a cornucopia of great events, family activities, unusual contests and terrific entertainment. Oh, and don't forget the food—from funnel cakes and fried dough to cotton candy and kettle corn to all manner of sumptuous flame-cooked meat, there's something delicious for everyone. Here are some of the upcoming highlights:

The Brooklyn Fair Aug. 27-30

The oldest continously held agricultural fair in the U.S. dates back to 1809 (that's a lot of corn dogs!) and showcases the efforts of the Windham County Agricultural Society. National country music acts have entertained here, including Collin Raye (last year), Luke Bryan and Lady Antebellum. And of course, there are events that you can only see at an ag fair: Robinson's Racing Pigs, women's skillet toss, veggie races and pulls aplenty—tractor, oxen, working steers, horses, ponies, etc. *brooklynfair.org*

Bridgewater Fair Aug. 21-23

Sponsored by the volunteer firemen of Bridgewater, this event features related activities including a firemen's muster where units from around the state compete in drills that incorporate fire-fighting skills. The weekend's festivities kick off with the annual Bridgewater Fair Parade, which includes fire companies and vehicles from around the region. Of course, there's livestock and produce judging, arts and crafts, a midway with carnival rides and plenty of other family-friendly activites. For NASCAR fans, there will be a NASCAR-style simulator and tire-changing contest. *bridgewaterfair.com*

Goshen Fair Sept. 5-7

A staple of the long Labor Day weekend, the Goshen Fair features a variety of entertainers in addition to its packed schedule of family-friendly events. This year, the fair welcomes Soul Sound Revue, King Kountry, A-Ray of Elvis, Nature Nick's Animal Adventures, The Zolla Boys and the Muttville Comix. Also, there will be fireworks, a frozen t-shirt contest, and hay bale- and skillet-tossing challenges. *goshenfair.org*

Hebron Harvest Fair Sept. 10-13

Special to the Hebron Harvest Fair this year will be the PRCA ProRodeo, which will feature seven exciting events including bull riding, barrel racing, steer wrestling and roping challenges. The fair also features a Demolition Derby, where cars of all shapes and sizes will "smash, crash and bash." *hebronharvestfair.org*

Willie Nelson headlines the Summer Concerts in Simsbury series on Aug. 22.

"WILLIE NELSON COUNTRY THROWDOWN TOUR 2011 - 4" BY BSC PHOTOGRAPHY; LICENSED UNDER CC BY 2.0 VIA WIKIMEDIA COMMONS

Durham Fair Sept. 24-27

Falling on the last weekend of September, the Durham Fair is the largest in the state, annually drawing tens of thousands over four days. Visit the always-buzzing midway, watch the animal costume parade, sample wines made from Connecticut grapes at the Connecticut Wine Festival or check out antique agricultural equipment in the farm museum. This year's headline entertainers include CMA Award winner Martina McBride (Sept. 25) and country music superstar Craig Morgan (Sept. 26). *durhamfair.com*

FESTIVALS

Oyster Festivals

Oysters and Connecticut go way back, which is why the oyster is the state's official shellfish. Oysters are native to our tidal rivers and Long Island Sound, and are farmed in beds in the Sound. Native Americans ate them, and Colonial-era settlers followed suit, creating a fisheries industry that remains vibrant and is celebrated each year in two signature festivals.

★ This year, the 41st annual **Milford Oyster Festival** takes place Saturday, Aug. 15, from 10 a.m. to 6 p.m. Those who attend will go through 30,000 oysters and clams, enjoy other food and wash it down with beer and wine. There's an oyster shucking contest, of course, and lots of entertainment, including this year's main stage headliner, The Gin Blossoms. There are also arts-and-crafts, harbor activities, tall ship schooner cruises and much more. *milfordoysterfestival.org*

★ The **Norwalk Seaport Association's Oyster Festival** runs from Friday, Sept. 11, to Sunday, Sept. 13. In addition to all of the oysters and other food, there's the Nerveless Nocks Thrill Show, a 65-foot gondola ferris wheel, a Paul Bunyan Lumberjack Show, 100 juried arts-and-crafts vendors, the New England Seaport Village, a Kids' Cove with games and rides and lots more. As for entertainment, Sept. 11 features John Cafferty and the Beaver Brown Band, Dennis DeYoung plays the Music of STYX on Sept. 12 and the headliner Sept. 13 is Smash Mouth. *seaport.org*

Music Festivals

★ The **Norfolk Chamber Music Festival**, presented by the Yale School of Music, is a must-attend event for classical music lovers. The 74th season began July 9, but there's plenty of great music left in August. The Alexander String Quartet and Wei-Yi Yang perform Aug. 1, the Emerson String Quartet plays Aug. 8, The Brentano String Quartet and Robert Blocker appear Aug. 15, and the Norfolk Choral Festival wraps up things Aug. 22. *norfolk.yale.edu*

★ The Hartford Symphony's Talcott Mountain Music Festival in Simsbury wrapped up at the end of July, but there's more good music coming in August at the same venue, via the **Summer Concerts at Simsbury Meadows**. On Aug. 22 at 7 p.m., the country music legend Willie Nelson headlines with his Family and the Old Crow Medicine Show. *simsburymeadowsmusic.com*

★ One of the best small jazz fests in the nation, the **Litchfield Jazz Festival** celebrates its 20th year with the 2015 festival Aug. 7 to 9 at the Goshen Fairgrounds. This year's featured performers include Anat Cohen, Christian McBride, Wycliffe Gordon, Mike Stern, Sean Jones and Bucky Pizzarelli. Opening night begins with the Friends of the Festival Party to support Litchfield Jazz Camp scholarships. Throughout the festival, in addition to great music there's good food and libations, fine arts, crafts and more. *litchfieldjazzfest.com*

★ The annual **Podunk Bluegrass Festival** takes place Aug. 6 to 9 in Hebron and includes local, regional and national bluegrass, "bringing together the finest in bluegrass music each year." It features tons of music, with the main stage alone hosting 13 performers, including the Blue Canyon Boys, Chris Jones & The Night Drivers, The Railsplitters, Sister Sadie, Special Consensus, The New England Bluegrass Band and Tumbling Bones. There's also action on the Americana/Acoustic Music Stage, and special events Aug. 9, including the Telefunken Band Competition. *podunkbluegrass.com*

Chris Jones & The Night Drivers will appear at the Podunk Bluegrass Festival in Hebron.

★ The terrific **Music Mountain** festival in Falls Village stretches all the way through September and features the top talent in the chamber music world. August brings the Penderecki String Quartet (Aug. 2), playing Bach, Beethoven and Schubert; the St. Petersburg String Quartet with Pamela Mia Paul on piano performs Aug. 9; the Harlem String Quartet with Francine Kay on piano appears Aug. 23.; the Dover String Quartet arrives Aug. 30; and the September roster includes the Shanghai String Quartet, the Cassatt String Quartet, the Borromeo String Quartet, and the Amernet String Quartet. There's also a series of Saturday Twilight concerts, such as ones featuring the music of Broadway, and the Galvanized Jazz Band on Aug. 15. *musicmountain.org*

Two Roads, Charter Oak and New England Brewing are just some of the Connecticut craft beer brewers represented at the Craft Brew Races in New Haven.

Beer and Food Truck Festivals

The end of the summer festival season may be closing in but it will certainly go out in style thanks to these upcoming food truck and beer events.

★ **New England Food Truck Affair, North Haven:** On Aug. 1 and 2, try gourmet food from more than 50 New England food trucks. In addition to the artisan grub there will be music and a variety of games including a climbing wall, zip line, inflatable water slides and more.

★ **Craft Brew Races, New Haven:** The Craft Brew Races is a series of 5k road races followed by local craft beer festivals. The event comes to New Haven on Aug. 1, noon-4 p.m. The post-race festival will feature 30-plus breweries.

★ **Eli Cannon's Charity Beer Fest, Middletown:** On Aug. 3, 5-9 p.m., Eli Cannon's Tap Room, one of Connecticut's best beer bars, hosts more than 60 breweries and multiple food trucks outside the bar. The epic event will raise funds to support the Middlesex Coalition on Housing and Homelessness.

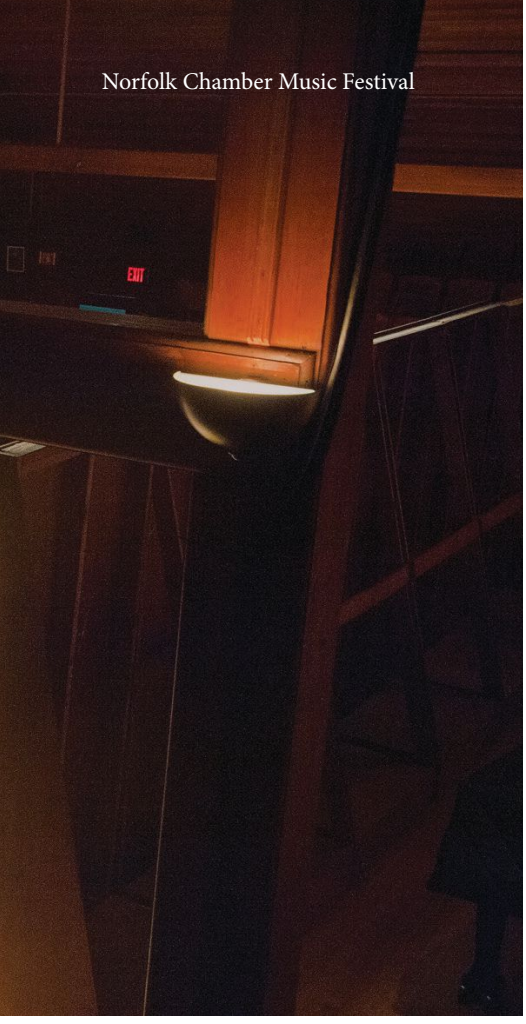
★ **ShakesBeer Festival, Stratford:** Me thinks this is a festival thou will want to attend! On Aug. 22 between 1 and 7 p.m., beer from 60 to 70 breweries will be showcased, live music will be performed and food trucks will be on hand. It's all part of efforts to raise funds for the restoration and reopening of the famed American Shakespeare Theater of Stratford.

★ **Connecticut Food Truck Festival, East Hartford:** The second annual Connecticut Food Truck Festival on Aug. 22-23 features more than 40 food trucks in a two-day extravaganza of flavor. Bring your appetite.

★ **Hops for Hope, New Britain:** Inspired by the family of longtime Connecticut beer enthusiast and writer Stephen Wood, 100 percent of the proceeds from this elite Aug. 30 beer festival will go to the Smith-Magenis Research Foundation.

★ **Food Trucks in the Valley, Shelton:** At this Sept. 17 fest, guests can celebrate the end of summer with local food, cider and beer. The event aims to increase awareness of Lower Naugatuck Valley Parent Child Resource Center.

LEFT: PAUL ESTES; CENTER: BRICE FRISCH; RIGHT: MICHAEL MELFORD, COURTESY OF MYSTIC COUNTRY



Norfolk Chamber Music Festival

Fort Trumbull, New London

ROAD TRIPS

Head to the Beach(es)

As much as we love Hammonasset Beach State Park in Madison, late summer's golden, on-the-cusp aura makes us want to push eastward, closer to the actual ocean, which means our season-ending destinations are places like **Rocky Neck State Park** in East Lyme and **Ocean Beach Park** in New London.

The state's description of Rocky Neck's charms is almost poetic: "The beautiful, gently sloping, soft sandy beach, picnic areas, train watching, diverse trail systems and salt marsh-viewing platforms make this park ideal for families. Try crabbing or fishing. Look for ospreys, cranes, and herons or other waterfowl. Rocky Neck provides something for all members of the family."

Ocean Beach Park, meanwhile, is like a family resort with a star attraction—the "beautiful white, sugar sand beach" at a venue that's also home to an Olympic-size freshwater pool, an 18-hole miniature golf course and the Boardwalk Café Food Court—along with a triple water slide, spray park, a carousel and other rides, a game room, playgrounds and even concerts. It's one-stop summer fun.

Discover the great seafood offered at lots of casual roadside places in southeastern Connecticut—some of our favorites not far from Rocky Neck and Ocean Beach are **Abbott's Lobster in the Rough** in Noank, **Flanders Fish Market & Restaurant** in East Lyme, **Hub's Clam Shack** in Groton, **Fred's Shanty** in New London, **Costello's Clam Shack** in Noank, **Kamp Dog** in New London and **The Shack** in East Lyme.

To complement any of the beaches in southeastern Connecticut, we recommend a side trip to **Mystic center** and **Olde Mistick Village** for the shopping.

In terms of culture and/or history, Rocky Neck is close to the **Florence Griswold Museum** in Old Lyme, a treasure trove of American Impressionism for the entire family to enjoy, while Ocean Beach is not far from **Mystic Seaport**—or be more adventuresome and discover **Fort Trumbull** in New London, which dates to the Revolutionary War and got its current form in the mid-1800s.

At the 'Art' of It

Looking for a fun and simple cultural road trip this summer? Hop in the car for an easy 20-minute ride through central Connecticut and you can find yourself at two of the state's best art museums. Between stops, explore the state capital and have your pick of some truly impressive restaurants. It's all available to you. Just get in the car and go.

Start the day at the **New Britain Museum of American Art,** which was established in 1903 and is the first museum dedicated exclusively to American art in the U.S. Be sure to check out the *21st Century Works* exhibit including *New Media* by Julie Orser. The exhibition will open in the museum's new McKernan Gallery on Aug. 9.

River Road Stone Arch Railroad Bridge, part of the Air Line State Park Trail in Colchester.

"RIVER ROAD STONE RR BRIDGE 003" BY DIGITALPILGRIM - OWN WORK. LICENSED UNDER CC BY-SA 3.0 VIA WIKIMEDIA COMMONS

From there, drive on to the **Wadsworth Atheneum,** the country's oldest public art museum, which just completed a $33 million renovation. Explore the museum's 17 new gallery spaces, which are filled with old and new exhibits from a collection that features works from Caravaggio, Frederic Church and Salvador Dali.

Between museums, take in the sights of Hartford. Make stops at the **Old State House, Riverfront** and **Bushnell Park**—all are within walking distance of each other.

Finish the day with dinner at any of Hartford's delicious dining options. Burgers at **Max Downtown** or barbecue at **Bear's Smokehouse** anyone? If you end the trip in New Britain, don't miss the wiener schnitzel or German pot roast at **East Side Restaurant**.

The New Britain Museum of American Art

"INTERIOR VIEW NEW BRITAIN MUSEUM OF AMERICAN ART" BY DAROTOT. LICENSED UNDER CC0 VIA WIKIMEDIA COMMONS

Walk on the Wild Side

Maybe one of the best ways to explore the Quiet Corner—and a good chunk of the state's northeast region—is **The Air Line State Park Trail,** a former railroad path that has been converted to a public-use trail. Running almost uninterrupted for 53 miles from East Haddam to Thompson, this scenic gravel trail wends its way through more than a half dozen state parks and forests. As the original path needed to be flat and wide to best accommodate trains, it is now particularly inviting for all sorts of recreational activities. Hiking, biking and horseback riding are popular along certain sections, while nature enthusiasts and bird watchers enjoy other parts. In short, there's something for everyone that's easy to get to and enjoy.

With the trail stretching over a good portion of Connecticut, there are multiple dining spots along the way. Two of our favorites are **Willimantic Brewing Co.** in downtown Willimantic, which is at a starting point for a spur of the northern part of the trail, and **The Vanilla Bean,** which is a short distance from the trail's access point in Pomfret.

COURTESY OF MARITIME AQUARIUM

The Maritime Aquarium at Norwalk's *R/V Spirit of the Sound* catamaran.

For an indoor diversion, **The William Benton Museum of Art** on the UConn campus in Storrs is a short distance from the trail and open in the first half of August (until Aug. 15) and then again in September. In addition to the ongoing installation *Five Centuries of the Benton Museum's Best*, visitors can check out *Speak Up! Speak Out! Bread & Puppet Theater* and *Remembering the Vietnam War*.

And as always, there's shopping—**The East Brook Mall** in Willimantic offers national chains like Kohl's, Dress Barn, Michael's and Famous Footwear, as well as local fashion and jewelry retailers. There's also a few eateries and an eight-screen movieplex.

Nectar of the Hills

No area of Connecticut offers more stunning scenery than the Litchfield Hills, and a leisurely drive in the area this summer provides the perfect excuse to take an impromptu winery tour. Three stops on the **Connecticut Wine Trail** are close enough that they beg to be visited together. Pair the delicious wines with a memorable meal at one of the area's fine dining restaurants and you have a day to remember.

Start your mini wine adventure at **Sunset Meadow Vineyards** in Goshen. Enjoy a glass or two of the award-winning Cayuga White or Sunset Blush before moving on to **Haight-Brown Vineyards** in Litchfield for a glass (or several) of the Morning Harvest, Strawberry Bliss or Honey Nut Apple. **Hopkins Vineyard,** overlooking Lake Waramaug in Warren, produces small handcrafted batches from its premium estate-grown grapes. Many of the reds, whites and sparkling wines are award-winning and worth a try.

While you're in the area, indulge in a little shopping in New Preston, where boutiques are at their best. **Privet House** offers original home goods, antiques and curiosities. Nearby at **J. Seitz & Co.** you can pick up everything from a detailed leather ottoman to dishware and knitwear to candles.

Desire a stroll before dinner? Stop off at **White Memorial Conservation Center** for a walk in the wilderness before dinner at the **West Street Grill, Arethusa al Tavolo** or **@ The Corner**—all highly palatable and praised options in the area.

Take Me on a Sea Cruise

Nothing says summer fun like getting out on the water. Those who cast off from the Norwalk and Stamford area can enjoy the beauty of Long Island Sound and views of the New York City skyline.

The schooner ***SoundWaters*** often sails from Stamford and offers afternoon and sunset voyages through Sept. 30. Participants help crewmembers raise the ship's sails and learn about the Sound in the process. The Maritime Aquarium at Norwalk's ***R/V Spirit of the Sound*** catamaran takes guests on public marine life study cruises. During the two-and-a-half-hour cruises—which depart at 1 p.m. Wednesdays through Sundays in July and August—guests study the marine biodiversity of Long Island Sound. The Norwalk Seaport Association offers **cruises to Sheffield Island** where guests can tour the island's historic lighthouse. Thursday evenings through Sept. 26, a cruise and clambake is offered where participants dine in style at a tented pavilion adjacent to the 1868 lighthouse.

After returning to dry land, plan on spending time in the **South Norwalk downtown district,** which is hopping with a New York City vibe. Keep the maritime theme going by visiting the **Maritime Aquarium at Norwalk,** home to an IMAX theater and a bevvy of sea creatures including sharks and seals.

SoNo also offers dining hotspots like **Barcelona Wine Bar** and **Washington Prime.** Or try **Local Kitchen and Beer Bar,** which has (you guessed it) a locally focused menu and more than 30 beers on tap. Cheers!

KELLY CLINE/ISTOCK/THINKSTOCK

THE NEW HOT LUNCH

SO JUST WHAT ARE YOUR KIDS EATING DURING THE SCHOOL DAY? FACED WITH FEDERAL MANDATES TO INCREASE NUTRITIONAL OPTIONS, CONNECTICUT'S PUBLIC SCHOOLS ARE STRIVING TO PUT BETTER FOOD ON YOUR KID'S LUNCH TRAY.

BY KATE HARTMAN

The average child spends 35 hours a week in school learning, growing and, ever more increasingly, eating. Between lunch and the relatively recent additions of breakfast and after-school snack programs, our children are now eating nearly half their weekly meals at school, not at home. That puts pressure on schools, and food service directors in particular, to align children's health with federal food standards. It's a significant challenge, one made more difficult by dwindling budgets and higher expectations.

When we send our children off to school in the morning, we do so with the reasonable expectation that they will be returned to us in much the same condition as they went—and hopefully better with loads of new knowledge in their brains. But what about what's in their stomachs?

Parents do their best to stay on top of their children's lives, but with so much going on, they may not be as tuned into the lunch menu as they probably should be or aren't asking their children what they actually ate for lunch. Food service workers do their best to give kids healthy options, but the trick is getting them to actually eat those items and make smarter choices for themselves.

So what exactly are we feeding our children in school? And what are we teaching them about healthy eating and wellness, particularly in a time when childhood obesity has soared to record numbers? According to the Centers for Disease Control and Prevention (CDC), obesity has more than doubled in children and quadrupled in adolescents in the last 30 years. In 2012, more than one third of children and adolescents were overweight or obese.

In Connecticut, many school districts have been working to make positive changes to menus and integrate healthy eating into lesson plans, particularly since President Barack Obama signed the Healthy, Hunger-Free Kids Act in 2010, which encouraged the U.S. Department of Agriculture (USDA) to reevaluate school lunch standards. When the changes were made in 2012, it marked the first update to the federal school food system in 15 years. New requirements obligated schools to offer fruits and vegetables every day, more whole-grain choices and only fat-free or low-fat milk varieties. But it's more complicated as now school districts also have to limit saturated fats, trans fats and sodium, and monitor calories based on the child's age in order to ensure proper portion size.

Some school districts, like New Haven and Hartford, maintain that they were on the healthy lunch bandwagon before the government required it, eliminating sugar-laden sodas and snacks and favoring whole grains and fresh produce. But the challenge remains that kids need to make these healthier choices in order to get the benefits. Sure, a grilled chicken breast or a salad from the salad bar is the best option, but will kids really opt for that when a tempting hamburger or hotdog is also on the menu?

That's where food advocacy groups, community gardens and farm-to-school initiatives come in. The old adage "it takes a village to raise a child" has never been truer than in this current fight for healthy eating. AmeriCorps subsidiary FoodCorps and local programs like GROW Hartford and GROW Windham are doing what they can to educate the public and assist school districts.

But it all begins at home.

"Eating habits are really developed two to four years prior to children coming to [school]," says Hartford Public Schools Food Director Lonnie Burt. "When you look at studies, they are developed at a young age. That's where we have to really, as a country, decide how we are going to expand palates. Children need to eat a wider variety of fruit and vegetable categories. You need to have a complete meal with fruit and veggies at every meal. I'm proud of the regulations. I think that's what we need to do."

Bringing a packed lunch from home doesn't guarantee a healthier option, either, particularly when that lunch is not a balanced, nutritional meal. Burt has seen what some children bring from home and maintains that eating a full school lunch meal can be a healthier choice.

Burt and her team provide an array of fresh produce options to children every day. Her purveyor buys from local farms as much as is economically feasible before purchasing regionally and then beyond.

At New Haven Public Schools, Food Service Director Gail Sharry says placing a salad bar in every cafeteria has been a big win for the district in offering a variety of produce to children. "That's what we've been focusing on this year, a lot more variety," says Sharry. "[The salad bar] is out there every day, but some of them will pass over it. How do I get them to try fresh fruit and veggies? That's the challenge.

"We did some training this summer to come up with new salad ideas and cut the veggies so they're more kid friendly. The cooks talk with the students to see how they like it. [The salad bar] holds up to 24 items—

spinach, lettuce, tomatoes, carrots, broccoli and then they can add onions, peppers, cauliflower. We've experimented with putting beans out there. We're trying different things."

That's really all schools can do, offer different things and hope that the children are willing to try it. In the meantime, food service directors are working to make kid favorite meals healthier. If they can't eliminate the hamburger, hotdog, pizza and chicken finger choices all together, Burt, Sharry and others in their positions are committed to doing the best they can under the circumstances.

"When you poll the students, pizza and popcorn chicken, those are their favorites," says Burt, who is a registered dietician. "I'm okay with that. My role is to find the best quality nutrition options in those categories. I'm looking for whole-muscle, low-sodium chicken without a lot of filler. That's why we're purchasing Tyson foods. Yes, it would be better if I breaded the chicken myself . . . but we're trying to make 20,000 students happy."

Sanitation is also a factor in how much scratch cooking schools can actually do. Some cafeterias, particularly in large districts, don't have kitchens directly attached to the dining room. A prep kitchen may be on another floor or in another building, requiring food to be wheeled great distances. Making hamburger patties or chicken fingers from scratch becomes more difficult, and not economically sustainable, when challenges like these are factored in.

Hartford Public Schools serve approximately 8,000 to 9,000 breakfasts, 17,000 to 20,000 lunches, 1,500 at-risk suppers and 1,000 after-school snack programs daily. The food program is largely self-funded and Burt has just $1.50 to spend per plate, which needs to include a grain, protein, vegetable and milk. When a bunch of grapes can cost as much as $0.40, it's easy to see how sacrifices are made.

"[On a day in June], we had a yogurt parfait, sandwiches on a whole-grain roll, a chef salad, beef stew and a hot dog on a whole-grain roll," Burt says. "Most took the hot dog, but I'm hoping to change that. An all-beef low-sodium hot dog, that's the best option I could find. If they consume that with everything else than that's a good meal and I'm okay with that."

This upcoming school year, Sharry says her goal is to look at the entrées that are being served. She wants to revisit the recipes and bring the students into the conversation.

"The children change. You have to see what's working and what's not," she says.

Bringing children into the food conversation is a crucial part of changing the way they eat, both at school and at home. Local food advocacy groups like FoodCorps know this. The nationwide program works with educators and existing community leaders to institute a three-pillar approach—knowledge of food and nutrition, engagement through hands on activities like gardening and cooking, and access to fresh food from local farms.

Connecticut was one of FoodCorps original test sites. FoodCorps partners with UConn Extension and currently operates 15 sites around the state including New Haven, Hartford, Bridgeport, Vernon, New Britain and Norwalk. Each program is staffed by a service worker, typically a recent college graduate, who goes through an extensive application process.

"A lot have backgrounds in nutrition education and science," explains FoodCorps Connecticut Fellow Chelsey Hahn. "They design a work plan with their supervisor after assessing their needs. We think of FoodCorps as a resource for the community."

The ultimate goal is for the service worker to kick-start programs that are then continued by the school, community and the next year's worker.

Hahn began with FoodCorps last year as a service worker in Hartford, and many of her projects have lasted after her departure. She designed lesson plans around "My Plate" and the parts of the plants for elementary classrooms, but perhaps her proudest achievement was running gardens at area preschools where the children helped grow unusual vegetables like Swiss chard and kohlrabi. "They were excited to try things," Hahn recalls.

It's that direct involvement with children that makes all the difference to their understanding and willingness to make healthy choices. You can't preach at them. You need to include them.

GROW Hartford, which works within the Hartford Food System, operates programs in schools and the community to make residents aware of the challenges they face in reaching nutritious food and how best to overcome them. A large focus of its mission is affecting systemic changes through social justice and food justice. The group calls students to action by having them look at their food systems and demand something better.

"If we talk about the social justice part, we talk a lot about racism and how it affects them in their daily lives in and outside of Hartford," says Navina Vemuri, youth coordinator for Hartford Food Systems. "The food justice

| CONTINUED ON **PAGE 70** |

KELLY CLINE/ISTOCK/THINKSTOCK

CONTINUING EDUCATION

CLiCK, Inc. of Willimantic aims to revitalize Windham County's food culture and economy through the non-profit's vegetable garden and commercial kitchen spaces.

A prep kitchen for local business, a teaching space for the community, a job training facility for aspiring food service workers and a future farm-to-school program facilitator—CLiCK, Inc. (Commercially Licensed Cooperative Kitchen) is working to revitalize Windham County's food culture and economy by tackling the issue from all sides.

The idea for the 501c3 was born six years ago when local residents and members of the Willimantic Food Coop started discussing the benefits a commercial kitchen could have for local farmers who had expressed interest in selling their products at the local farmer's market. It seemed like a natural fit; Central Connecticut is ripe with farms, so why not provide an opportunity to expand business and pump the local food economy full of locally produced items?

Initial funding for the project was acquired through an Access Community Action Agency pilot grant for its poverty-reduction program. Plans for the commercial kitchen were expanded to include prep space for startup restaurants and food businesses to kick-start their ventures.

"We did research and discovered Willimantic is very economically depressed. People have to travel pretty far to get work anywhere. It can be difficult to open businesses with no capital to do it. The idea was funded because of that need. There are so many people out of work and there is such a big need for economic stimulation," says CLiCK, Inc. General Manager Maraiah Popeleski.

Since opening for business in late June, a number of local entrepreneurs have reserved time and space in the commercial kitchen. There's an application process, but Popeleski says it mostly involves documenting the legitimacy of a business with proper registration, insurance and safety certifications. CLiCK, Inc. offers certification classes for those who don't have it.

"We have a caterer, many people who are doing baking and food manufacturing, people preparing vegan foods, classic desserts, a Mexican immigrant who does tacos, a hot dog cart and someone who makes fermented sauerkraut and kimchee. There's no box to put all those in except they're all food," says Popeleski, who is the only full-time employee. "It's challenging in a good way. We're appealing to a lot of different people. People can now think, 'Maybe I have this silly dream that I can now actually make come true.'"

But the prep space is just one small part of what CLiCK, Inc. plans to do for the community. Education is going to be a large program component going forward. In early July, CLiCK launched its first education series called Grow Cook Share, which brings in volunteers to teach wellness, food and health classes. The organization received a grant from the Jeffery P. Ossen Foundation to build a state-of-the-art teaching and demonstration kitchen. Popeleski hopes cooking classes that utilize ingredients grown in the nonprofit's vegetable garden and orchard will be a boon to the local food culture.

Says Popeleski, "People can come see how you can grow food easily in a small space and then we will bring it into our teaching kitchen so you can see how to prepare it."

In April 2015, CLiCK, Inc. received a grant from the Department of Agriculture to fund a farm-to-school program. The plan is to sell locally produced items from area farms to schools. At this point, CLICK, Inc. is only in the planning stages with schools and farmers to make this dream a reality.

Partnering with existing organizations like the soup kitchen, shelter and other support services seems like a natural extension of CLiCK, Inc.'s mission. The more resources that can be pulled together, the stronger the community will be. In the future, Popeleski would love to build a second floor for the building where business owners could rent individual cooking suites, much like artist studios.

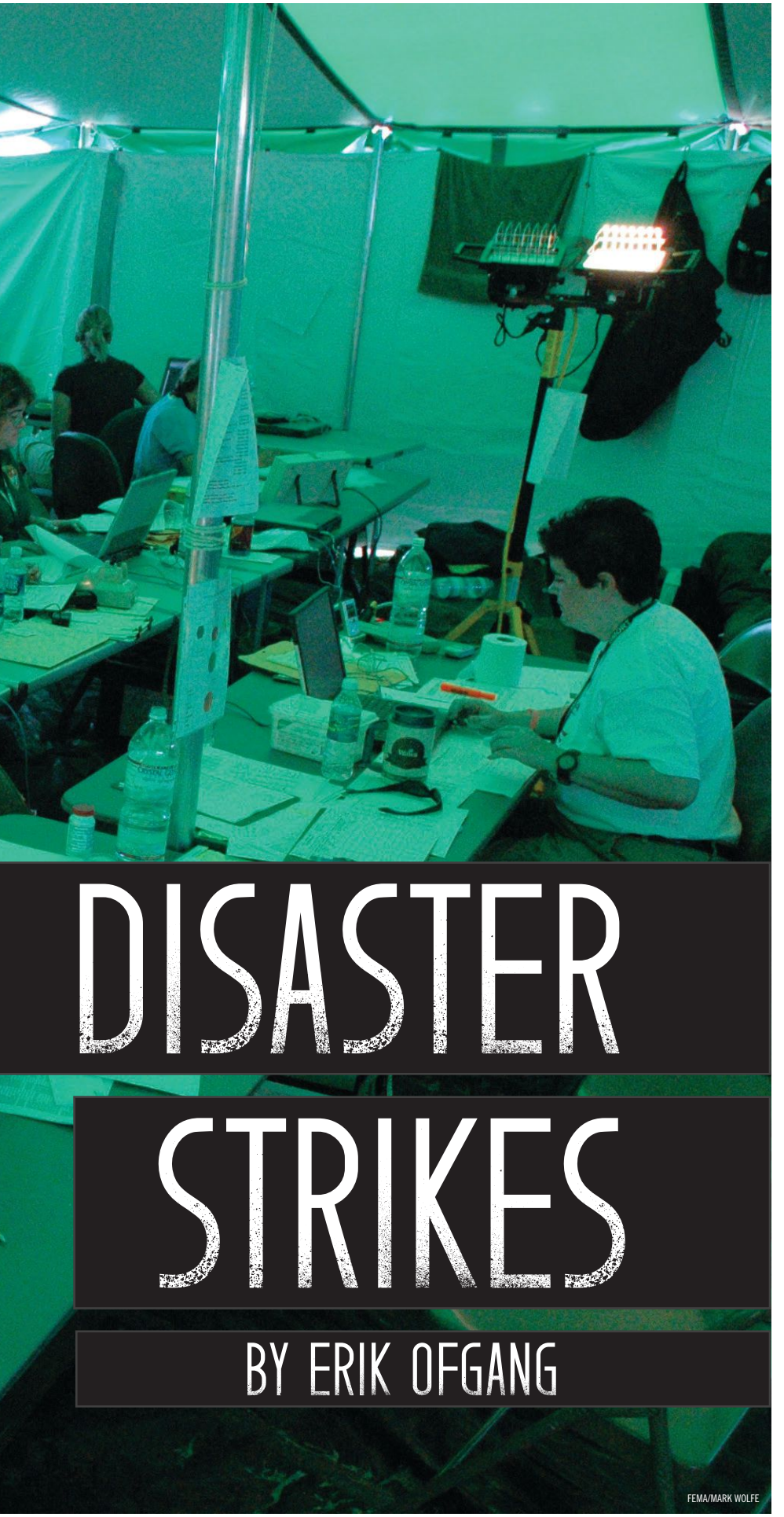
It's an ambitious plan, but one that is completely doable with the right intentions and community support, which they have been lucky enough to receive from the beginning.

"It's almost a miracle all the support we've received and how people have helped out," she says.

clickwillimantic.com

A Disaster Mortuary Operational Response Team (DMORT) in Gulfport, Miss., responding to Hurricane Katrina.

WHEN



FEMA/MARK WOLFE

DISASTER STRIKES

BY ERIK OFGANG

It begins with a phone call or an email.

These messages come unexpectedly, following in the immediate wake of disasters like 9/11 and Hurricane Katrina. When one arrives, Dr. Adam Freeman, a dentist with Westport Dental Associates, and those like him, drop what they are doing and grab their "go-bags": prepacked luggage consisting of, among other things, boots, mosquito spray and a uniform.

Then, like characters in spy movies, they abruptly leave the cavities and fillings of their everyday dental practices behind them and head to the nearest airport where they board a flight. The cities these flights land in change over the years but, in a way, the destination is always the same—hell.

For Freeman, the journey began in the aftermath of the 9/11 terrorist attacks. The Westport native and graduate of Columbia University's College of Dental Medicine had studied forensic dentistry and was aware of government units known as Disaster Mortuary Operational Response Teams (DMORT). An asset of the National Disaster Medical System, DMORT units are mobilized in the aftermath of major disasters when local authorities are overwhelmed by an unexpected rush of deceased individuals. Forensic dentists like Freeman help identify the fallen, often literally giving a name to the dead.

"After 9/11, it became apparent that we needed more people involved," Freeman recalls. "My office being in Westport, we lost a couple of patients in 9/11 and that's really when I decided to become part of DMORT."

In the years since he's received many sudden deployment calls, after which he's quickly said goodbye to his family and turned his patients over to his partners at the practice. He's been deployed to hurricanes Katrina and Ike, as well as other disaster scenes.

DMORT teams are split into regions based on geography. Freeman is the dental section chief of health and human services for Region 1, which covers Connecticut and the rest of New England (a few other dentists from Connecticut also serve in Region 1).

Freeman is one of less than one hundred board-certified forensic dentists, is the founder and director of Connecticut's Disaster Identification Response Team (D.I.R.T), and the deputy chair of Interpol's disaster victim

Members of DMORT remove a casket from its crypt so it can be re-interred after the enormous storm surge from Hurricane Rita pushed many crypts in Louisiana hundreds of yards from preivously shallow graves.

Dr. Adam Freeman (in hat) of Westport trains DMORT members on protocols in the field during Hurricane Katrina.

A FEMA Mobile Emergency Response Support (MERS) trailer provides computer and phone service for DMORT.

identification odontology working group. He also regularly works with Connecticut's chief medical examiner to identify bodies.

No matter the scale of the incident, whether he's examining one unidentified victim, or hundreds, his goal is always the same: provide dignity to the dead and help tell the final chapter of their lives by reading the story of their teeth.

Disasters, by nature, are unscheduled and unexpected. DMORT units are sent in when a local area requests federal assistance. Prior to DMORT's creation, the federal response in the aftermath of tragedies had been focused primarily on the living. The job of sorting the dead and notifying and comforting their family members was left until the immediate effects of the event had been seen to.

That was an oversight, says Dr. Andrew Garrett, a medical doctor and Director of the National Disaster Medical System at the U.S. Department of Health and Human Services, which oversees DMORT. "After a disaster, part of a community healing and getting back on its feet is promptly attending to the deceased and you can't just wait until all the medical issues are tucked in for the living and then move onto the mortuary needs," he says. "That approach, where you assume nobody's in a hurry, has usually ended up being false. Communities need to know that loved ones who are deceased are being handled in a completely professional manner."

To ensure this happened, DMORT was started in the early 1980s as a nonprofit association of funeral directors. These funeral directors felt there was a need to better respond on a national level to mass-fatality incidents.

The directors found there were no standardized response rules and began creating a national protocol. In 1992, a national network of DMORT units was established. The DMORT founders realized that in addition

| CONTINUED ON **PAGE 68** |

TOP: GREG HENSHALL / FEMA; BOTTOM: FEMA/MARK WOLFE

G-STOCKSTUDIO/ISTOCK/THINKSTOCK

2015 top dentists

Which Connecticut dentists do other dentists recommend?

Here are the results of our exclusive poll, featuring 354 dentists in seven specialties.

how our dentists are chosen

For 2015, we sent questionnaires to every dentist licensed in Connecticut—more than 2,800—asking them to recommend a dentist to whom they would send a loved one for care in seven categories. We received more than 400 completed questionnaires, a very good return rate. Thus, every dentist listed has been recommended by a significant number of his or her peers;indeed, the only way to make the list is through these peer recommendations.

We like to say that every dentist who makes the list is a good one, or at least a recommended one, but not every good dentist makes the list. You should use it as a reference, not the final word, as you search for someone to help you with your dental needs. You must ultimately do your own due diligence in order to decide which dentist is right for you or your loved ones.

LUMINASTOCK/ISTOCK/THINKSTOCK

general dentistry

Bruce M. Abel
928 Farmington Ave., West Hartford, (860) 233-7514

Robert Aledort
36 Padanaram Rd., Danbury, (203) 748-5717

Gerald D. Alexander
129 York St., New Haven, (203) 782-0677

Steven M. Balloch
300 Hebron Ave., Glastonbury, (860) 659-8660

Janette A. Black
69 Sherman St., Fairfield, (203) 255-1545

Venu M. Chimmiri
35 Pleasant Dr., Meriden, (860) 235-3539

Lawrence Christian
625 Hopmeadow St., Simsbury, (860) 658-1991

Kelly L. Clauss
55 Peck Rd., Torrington, (860) 482-8588

Alejandra Constantino
1081 Hope St., Stamford, (203) 609-0186

Charles A. Crape
435 New Haven Ave., Milford, (203) 877-4511

Michael D'Occhio
6 Davis Rd., Old Lyme, (860) 434-5565

Amit V. Desai
1122 Highland Ave., Cheshire, (203) 272-7271

Ofer M. Doron
291 Farmington Ave., Farmington, (860) 677-8666

Evelina Dragneva
1500 Summer St., Stamford, (203) 324-6171

Brian S. Duchan
22 Imperial Ave., Westport, (203) 227-3709

Jay L. Dworkin
497 Main St., Ansonia, (203) 735-4701

Larry Erwich
420 S. Main St., Cheshire, (203) 272-7044

Eliot S. Essenfeld
53 Old Kings Hwy. N., Darien, (203) 655-8887

Camillo L. Fontana
1817 Black Rock Tpke., Fairfield, (203) 333-4700

Edward R. Fournier Jr.
405 N. Main St., Bristol, (860) 584-0171

Adam J. Freeman
22 Imperial Ave., Westport, (203) 227-3709

Alan P. Friedler
419 Whalley Ave., New Haven , (203) 787-0520

Robert T. Golia
2319 Whitney Ave., Hamden, (203) 248-7400

Jonathan H. Gorman
70 Main St., Danbury, (203) 791-5030

John Hambrook
256 Main St., Manchester, (860) 643-6528

Elizabeth Holzhauer
65 Memorial Rd., West Hartford, (860) 233-9300

Tim Holzhauer
65 Memorial Rd., West Hartford, (860) 233-9300

William Hylton
654 Savin Ave., West Haven, (203) 933-7135

John M. "Jack" Johnson
643 Route 184, Groton, (860) 445-8569

Scott Keilty
20 S. Anguilla Rd., Pawcatuck, (860) 599-2505

Paul D. Korus
1679 Boston Tpke., Coventry, (860) 742-7065

Jeffrey M. Kraman
10 Pendleton Dr., Hebron, (860) 228-9456

Stuart Lazaroff
17 Broadway, North Haven, (203) 239-7645

George M. Mantikas
142 E. High St., East Hampton, (860) 267-6666

Luciano D. Marini
26 Lakeside Blvd. E., Waterbury , (203) 575-9097

Scott J. Merkelson
34 Jerome Ave., Bloomfield, (860) 242-0590

Donald W. Miller
1275 Post Rd., Fairfield, (203) 255-6878

Andrew L. Mogelof
2499 Main St., Stratford, (203) 378-5588

Nathan Mumford
291 Farmington Ave., Farmington, (860) 677-8666

Jeremiah O'Dwyer
15 Middle Tpke. W., Manchester, (860) 643-6992

Jeffrey M. Pivor
495 Connecticut Ave., Norwalk, (203) 838-3321

Alex Quintner
55 Old Gate La., Milford, (203) 878-6699

Ernest D. Reamer
62 Main St., Centerbrook, (860) 767-0639

James E. Robson
273 Boston Post Rd., East Lyme, (860) 739-3881

John W. Rosenlieb Jr.
928 Farmington Ave., West Hartford, (860) 233-7514

Todd B. Rubin
469 Buckland Rd., South Windsor, (860) 644-2136

Walter F. Russo
85 Prospect St., Milford, (203) 878-1445

Mark S. Samuels
88 Ryders La., Stratford, (203) 296-3767

Donna J. Sanfilippo
643 Route 184, Groton, (860) 445-8569

Collin B. Sanford
44 Dale Rd., Avon, (860) 677-6405

Francis Shin
40 E. Putnam Ave., Cos Cob, (203) 625-0301

Jerome M. Simon
1500 Summer St., Stamford, (203) 324-6171

Richard N. Smith
415 Middlebury Rd., Middlebury, (203) 758-2116
Carl J. Spadola
415 Highland Ave., Cheshire, (203) 272-9694
Michael B. Stein
1081 Hope St., Stamford, (203) 329-8444
Amy L. Vincent
415 Highland Ave., Cheshire, (203) 272-9694
Eric Whidden
1679 Boston Tpke., Coventry, (860) 742-7065
Michael Williams
965 Hopmeadow St., Simsbury, (860) 658-7833
Theodore K. Wu
65 Memorial Rd., West Hartford, (860) 233-9300
David A. Zadik
18 Field Point Rd., Greenwich, (203) 869-3984

endodontics

Moin Ahmed
429 New Haven Ave., Milford, (203) 877-2707
Jason D. Alliger
1389 W. Main St., Waterbury, (203) 757-1287
Amy D. Amaro
5 Church La., East Lyme, (860) 889-1660
Brian Amoroso
259 Stillson Rd., Fairfield, (203) 333-3636
Robert A. Balla
928 Farmington Ave., West Hartford, (860) 233-2322
Albert Bonanno
1500 Summer St., Stamford, (203) 324-6171
David H. Burkard
20 W. Avon Rd., Avon, (860) 673-3249
Alexandra Byrne
5 Eversley Ave., Norwalk, (203) 254-2398
Ema M. Cabral-Burke
1 Torrington Office Plaza, Torrington, (860) 482-6444
John C. Calhoun
195 Montowese St., Branford, (203) 483-7862
Christopher Carrington
436 Farmington Ave., Hartford, (860) 233-7777
Bruce Y. Cha
60 Washington Ave., Hamden, (203) 281-6574
Joel B. Chasen
95 Armory Rd., Stratford, (203) 377-1331
Evan Christensen
61 Sherman St., Fairfield, (203) 255-3636
Nathan T. Decker
360 Federal Rd., Brookfield, (203) 775-3344
Joshua L. Dembsky
546 S. Broad St., Meriden, (203) 237-7449
Mark B. Desrosiers
300 Hebron Ave., Glastonbury, (860) 659-2647
Elizabeth A. Filbert
1389 W. Main St., Waterbury, (203) 757-1287
David T. Fong
1081 Hope St., Stamford, (203) 329-8444
Andrea Gentile-Fiori
95 Armory Rd., Stratford, (203) 377-1331
Anjanette W. Gjertsen
10 Berkeley St., Norwalk, (203) 899-1636
Diane B. Heller
40 E. Putnam Ave., Cos Cob, (203) 625-7686
Edmund G. Hohmann
850 N. Main St. Ext., Wallingford, (203) 284-9945
David Honig
111 East Ave., Norwalk , (203) 853-6777
Milos R. Janicek
70 Howard St., New London, (860) 447-2572
Seth L. Kabakoff
928 Farmington Ave., West Hartford, (860) 233-2322
Yiming King
123 York St., New Haven, (203) 624-5181
Chester E. Kowalski
6 Park Pl., New Britain, (860) 225-5555
Kenneth F. Kowalski
6 Park Pl., New Britain, (860) 225-5555
Christopher A. Lento
10 Oneco St., Norwich, (860) 889-1660
Marius A. Marinescu
1291 Boston Post Rd., Madison, (203) 245-0409
Philip R. Mascia
2 Old New Milford Rd., Brookfield, (203) 775-3344
Mark Melnick
300 Hebron Ave., Glastonbury, (860) 659-2647
Ricardo D. Morant
1358 Boston Post Rd., Old Saybrook, (860) 388-3522
Denis L. Pipher
120 East Ave., Norwalk, (203) 853-0880
Stephen R. Quatrocelli
360 Tolland Tpke., Manchester, (860) 646-4811
Allen J. Rosenthal
44 Strawberry Hill Ave., Stamford, (203) 324-9239
John M. Russo
535 Saybrook Rd., Middletown, (860) 347-7497
Danna R. Saidon
231 Farmington Ave., Farmington, (860) 284-1032
Jacob Saidon
231 Farmington Ave., Farmington, (860) 284-1032
Ashkan Samadzadeh
836 Farmington Ave., West Hartford, (860) 232-0033
Thomas J. Turek
276 Highland Ave., Waterbury, (203) 757-1287
Irene Wong
999 Summer St., Stamford, (203) 325-3636
Jeffrey I. Zell
255 N. Main St., Bristol, (860) 583-8379
Joseph A. Zerella
1275 Post Rd., Fairfield, (203) 553-9700

oral surgery

Karen S. Ablow
145 Durham Rd., Madison, (203) 245-7926
James D. Affenito
391 Main St., Bristol, (860) 589-1055
Abed Alkhatib
1305 Post Rd., Fairfield, (203) 259-2665
Riccardo J. Ambrogio
899 Silas Deane Hwy., Wethersfield, (860) 257-6994
Ryaz Ansari
483 Middle Tpke. W., Manchester, (860) 649-2272
Roger S. Badwal
107 Newtown Rd., Danbury, (203) 797-0012
Michelle S. Bergen
49 Lake Ave., Greenwich, (203) 661-4231
Jeffrey S. Berkley
323 Main St., West Haven, (203) 937-7181
Richard G. Bevilacqua
10 Ellsworth Rd., West Hartford, (860) 231-7209
Todd E. Bloom
1305 Post Rd., Fairfield, (203) 259-2227
Paul A. Bocciarelli
506 Cromwell Ave., Rocky Hill, (860) 529-8582
Steven M. Brody
23 Maple Ave., Greenwich, (203) 661-5858
Anthony J. Camillo
107 Newtown Rd., Danbury, (203) 797-0012
Paul M. Ciuci
1 Golden Hill St., Milford, (203) 874-1664
Philip J. Conforti
2560 Dixwell Ave., Hamden, (203) 281-3737
Christopher J. Cuomo
27 Hospital Ave., Danbury, (203) 797-0008
Rools L. Dessieux
1500 Summer St., Stamford, (203) 324-6171
Naushad R. Edibam
148 East Ave., Norwalk, (860) 866-0061
Kirk F. Engel
314 Flanders Rd., East Lyme, (860) 739-3133
Elie M. Ferneini
1389 W. Main St., Waterbury, (203) 573-1427
Judd B. Fink
1005 Farmington Ave., West Hartford, (860) 231-1030
Mark C. Fletcher
34 Dale Rd., Avon, (860) 674-8079
Salvatore J. Florio
115 Technology Dr., Trumbull, (203) 261-7800
Jonathan F. Goldman
701 Cottage Grove Rd., Bloomfield, (860) 242-6142
Babak Hakimizadeh
323 Main St., West Haven, (203) 937-7181
John J. Hillgen IV
1389 W. Main St., Waterbury, (203) 573-1427
Joseph R. Howard
15 Executive Center Dr., New Milford, (860) 355-4146
Michael P. Johnson
2560 Dixwell Ave., Hamden, (203) 281-3737
Andrew J. Kressley
1480 Boston Post Rd., Old Saybrook, (860) 388-5745
Marshall D. Kurtz
85 North St., Danbury, (203) 790-0183
Christopher J. Lane
1081 Hope St., Stamford, (203) 329-8444
Susan Lee
546 S. Broad St., Meriden, (203) 639-0800
Stuart E. Lieblich
34 Dale Rd., Avon, (860) 674-8079
Roger A. Lowlicht
185 Maple Ave., North Haven, (203) 234-8888
Barry R. McGuire
1080 Day Hill Rd., Windsor, (860) 285-0889
Thomas C. McKeon
1 Torrington Office Plaza, Torrington, (860) 482-5779
Kevin S. McLaughlin
148 East Ave., Norwalk, (203) 866-0061
Lee W. McNeish
121 Wakelee Ave., Ansonia, (203) 734-2626
Ronald R. Montano
419 Whalley Ave., New Haven, (203) 787-7181
Philip F. Pacelli
166 Cherry St., New Canaan, (203) 972-1581
Robert J. Parker
87 State St., Guilford, (860) 453-4381
Kenneth M. Patrician
583 Saybrook Rd., Middletown, (860) 346-6060
Steven Reiner
131 New London Tpke., Glastonbury, (860) 659-2623
Alan R. Rissolo
10 Mott Ave., Norwalk, (203) 853-0500
Joel L. Rosenlicht
483 Middle Tpke. W., Manchester, (860) 649-2272
Michael J. Safian
2 Trap Falls Rd., Shelton, (203) 925-8700
Ross J. Sanfilippo
4 Shaw's Cove, New London, (860) 443-3619

2015 top dentists

Daniel R. Saunders
945 Main St., Manchester, (860) 647-9926
James P. Scialabba
87 State St., Guilford, (203) 453-4381
Steven Smullin
166 Cherry St., New Canaan, (203) 972-1581
Craig A. Stasulis
291 Farmington Ave., Farmington, (860) 678-7528
Siobhan M. Stephen
33 Dale Rd., Avon, (860) 284-0528
Louis Theodos
52 Federal Rd., Danbury, (203) 790-6288
Ian C. Tingey
663 E. Main St., Torrington, (860) 496-6036
Howard B. Twersky
1305 Post Rd., Fairfield, (203) 259-2665
Fedele N. Volpe
1 Golden Hill St., Milford, (203) 874-1664
Kenneth Wachs
36 Padanaram Rd., Danbury, (203) 748-5717
Joseph F. Wallace
23 Maple Ave., Greenwich, (203) 661-5858
Brett A. Weyman
663 E. Main St., Torrington, (860) 496-6036
Thomas B. Wilson
23 Maple Ave., Greenwich, (203) 661-4231
Robert G. Zborowski
281 Hartford Tpke., Vernon, (860) 872-8331

orthodontics

Joshua E. Baum
23 Church Hill Rd., Newtown, (203) 426-5900
Figen A. Baydur
1817 Black Rock Tpke., Fairfield, (203) 333-0500
Jeffrey D. Bert
561 Saybrook Rd., Middletown, (860) 347-8004
Oresta Bilous
52 Beach Rd., Fairfield, (203) 255-2677
Ronald Bucari
3 Northwestern Dr., Bloomfield, (860) 243-8989
Cass D. Burrell
1476 Post Rd., Fairfield, (203) 255-6851
Jeffrey Burzin
25 Durham Rd., Madison, (203) 245-2600
Philip A. Caporusso
1 Golden Hill St., Milford, (203) 874-5400
Kenneth S. Carlough
105 Main St., Old Saybrook, (860) 388-1182
John J. Conroy
465 Silas Deane Hwy., Wethersfield, (860) 529-7200
Edward Cos
365 Willard Ave., Newington, (860) 667-8277
David H. Cowin
52 North St., Danbury, (203) 792-7722
Alika Crew
1081 Hope St., Stamford, (203) 609-0186
Adam S. Daniels
219 Talcottville Rd., Vernon, (860) 872-8361
Donald C. Demas
51 Depot St., Watertown, (860) 631-5360
Timothy F. Denison
98 Spencer Plain Rd., Old Saybrook, (860) 399-9787
Jeffrey Dixon
927 Hopmeadow St., Simsbury, (860) 651-9568
Jeffrey Drayer
999 Summer St., Stamford, (203) 325-3331
Donald J. Drew
345 N. Main St., West Hartford, (860) 236-6888
Austin W. Feeney
45 Pine St., New Canaan, (203) 966-3042
Peter Feibush
1500 Summer St., Stamford, (203) 324-6171
Mark Feinberg
3272 Main St., Stratford, (203) 377-6335
David G. Feldman
350 S. Main St., Cheshire, (203) 272-0900
Jonathan A. Feldman
350 S. Main St., Cheshire, (203) 272-0900
Steven A. Fischman
9 Dale St., Avon, (860) 236-8676
Michael L. Friedman
650 Chase Pkwy., Waterbury, (203) 573-8034
Katherine Friedman
895 E. Main St., Torrington, (860) 626-8800
Robert J. Gange
62 Bloomfield Ave., Windsor, (860) 688-6030
Steve Giannoutsos
73 Redding Rd., Georgetown, (203) 544-9338
Aaron S. Gilman
11 Church Hill Rd., Newtown, (203) 270-4586
Robert B. Goldman
1200 High Ridge Rd., Stamford, (203) 329-2712
Erol Gund
19 Padanaram Rd., Danbury, (203) 748-8055
Gregory A. Hack
196 Waterford Pkwy. S., Waterford, (860) 443-1827
Steven A. Hershcopf
43 Mill St., Berlin, (860) 829-9900
Richard B. Kaplan
560 Main St., Ansonia, (203) 735-7079
Gillian Kelly
535 Saybrook Rd., Middletown, (860) 346-9259
Michael Kelly
535 Saybrook Rd., Middletown, (860) 346-9259
Scott L. Kesselman
1171 E. Putnam Ave., Riverside, (203) 698-0045
Michael T. Kim
2880 Old Dixwell Ave., Hamden, (203) 281-1022
Jeffrey T. Kozlowski
190 Hempstead St., New London, (860) 442-4421
Andrew J. Kuhlberg
70 W. Avon Rd., Avon, (860) 673-5081
Katherine M. Lambert
7 Pickett District Rd., New Milford, (860) 354-3989
Blaine J. Langberg
17 Danbury Rd., Ridgefield, (203) 431-4466
Michael D. Lashgari
333 Kennedy Dr., Torrington, (860) 496-2370
Baliram Maraj
353 Scott Swamp Rd., Farmington, (860) 678-7899
Gregory A. McKenna
131 Deer Hill Ave., Danbury, (203) 790-9155
Paul J. McKenna Jr.
8 Arapahoe Rd., West Hartford, (860) 233-9609
Kelly S. Morrison
350 S. Main St., Cheshire, (203) 272-0900
Emily R. O'Keiff
30 Bridge St., New Milford, (860) 354-6006
James M. O'Leary
196 Waterford Pkwy. S., Waterford, (860) 443-1827
Gary Opin
266 Broad St., Milford, (203) 877-3231
Perry M. Opin
266 Broad St., Milford, (203) 877-3231
Robert J. Ostroski
1 Mill La., Farmington, (860) 677-8031
Allan S. Phillips
8 Prospect St., Ridgefield, (203) 438-6922
Mark S. Pollack
122 Valley St., Willimantic, (860) 456-4135
Mark E. Previtt
676 New Haven Ave., Derby, (203) 734-1411
Richard "Dick" J. Risinger
2928 Main St., Glastonbury, (860) 633-8321
Richard "Rick" T. Risinger
2928 Main St., Glastonbury, (860) 633-8321
Elena-Lee M. Ritoli
36 Brace Rd., West Hartford, (860) 561-5358
Douglas A. Rollins
2560 Dixwell Ave., Hamden, (203) 288-0900
Barry M. Rosenberg
55 Town Line Rd. , Wethersfield, (860) 529-9555
Peter D. Russo
53 Montowese St., Branford, (203) 483-1816
Rosemary Ryan
4 Dearfield Dr., Greenwich, (203) 869-2044
Gregory W. Sanford
44 Old Ridgefield Rd., Wilton, (203) 762-2322
Mark Schpero
2200 Whitney Ave., Hamden, (203) 288-7273
Robin A. Weeks
2 Hanks Hill Rd., Mansfield Center, (860) 429-9379
Stanley J. Wolfe
25 Washington Ave., North Haven, (203) 239-2288
Garrick F. Wong
40 E. Putnam Ave., Cos Cob, (203) 675-9888
Sheeba N. Zaidi
1226 S. Broad St., Wallingford, (203) 269-1014
Simon Zmuidzinas
1500 Summer St., Stamford, (203) 324-6171

pediatric dentistry

Elizabeth M. Alligood
291 Farmington Ave., Farmington, (860) 677-8666
Justin Bloom
137 Prospect Hill Rd., East Windsor, (860) 254-5840
Garrett T. Brennan
190 Hempstead St., New London, (860) 447-3216
Elizabeth Chisholm
798 Farmington Ave., West Hartford, (860) 233-1589
Monica H. Cipes
798 Farmington Ave., West Hartford, (860) 233-1589
C. Brett Clark
392 Salem Tpke., Bozrah, (860) 886-5576
Jeanmarie A. Cosgrove
44 Dale Rd., Avon, (860) 674-8417
Alexi Damascus
22 Prospect St., Ridgefield, (203) 403-3009
Annemarie "Mimi" DeLessio-Matta
1 Pomperaug Office Park, Southbury, (203) 264-1497
Lawrence Dinkes
4702 Main St. , Bridgeport, (203) 371-8282
Jennifer Epstein
1478 Post Rd., Fairfield, (203) 255-6851
David W. Epstein
345 N. Main St., West Hartford, (860) 523-4213
Melanie J. Fatone
131 Boston Post Rd., East Lyme, (860) 691-5014
Stephen N. Fox
546 S. Broad St., Meriden, (203) 886-0028
Daria M. Friel
51 S. Whittlesey Ave., Wallingford, (203) 265-3139

Robert R. Gatehouse
828 Newfield St., Middletown, (860) 613-0553
Matthew T. Goslee
255 N. Main St., Bristol, (860) 261-2534
Ira M. Greene
34 Dale Rd., Avon, (860) 674-0874
Joseph Guzzardi
773 Terryville Ave., Bristol, (860) 584-0441
John Iwasaki
19 Padanaram Rd., Danbury, (203) 748-8055
Mitra Y. Kabakoff
101 Main St., Unionville, (860) 673-3900
Douglas B. Keck
991 State St., New Haven, (203) 787-3669
David M. Knaus
324 Elm St., Monroe, (203) 261-1363
Glenn F. Koehler
192 Main St., Manchester, (860) 649-4655
Donald W. Kohn
991 State St., New Haven, (203) 787-3669
Colin Kong
991 State St., New Haven, (203) 787-3669
Cathleen I. Kowalski
192 Main St., Manchester, (860) 649-4655
Gordon K. Lee
305 Post Rd. E., Westport, (203) 226-5500
Lawrence Y. Lee
148 Migeon Ave., Torrington, (860) 482-9578
Antonio A. Lepore Jr.
1 Pomperaug Office Park, Southbury, (203) 264-1497
Jessica Levy
1500 Summer St., Stamford, (203) 324-6171
Kevin Maltz
101 Main St., Unionville, (860) 673-3900
Gregory S. Mokotoff
1478 Post Rd., Fairfield, (203) 255-6851
Douglas J. Muller
2080 Whitney Ave., Hamden, (203) 248-5742
Amy A. Napierala
131 Boston Post Rd., East Lyme, (860) 691-5014
Anne T. Nghiem
219 Talcottville Rd., Vernon, (860) 875-0769
Amy O'Callaghan
1212 E. Putnam Ave., Riverside, (203) 698-0794
Z. Christopher Religa
828 Newfield St., Middletown, (860) 613-0553
Eduardo Rostenberg
1 Lake St., New Britain, (860) 224-2419
Cristina Santos-Tomas
435 Willard Ave., Newington, (860) 372-4600
Daniel J. Shoemaker
828 Newfield St., Middletown, (860) 613-0553
Sharon Soria
192 Main St., Manchester, (860) 649-4655
Gabrielle Sykoff
1500 Summer St., Stamford, (203) 324-6171
W. Fred Thal
1 Lake St., New Britain, (860) 224-2419
Hiroshi Tsuyuki
149 East Ave., Norwalk, (203) 838-4191
Steven D. Ureles
190 Hempstead St., New London, (860) 691-5014
John C. Wong
2080 Whitney Ave., Hamden, (203) 248-5742
Jeffrey A. Wrubel
6 Airport Rd., North Windham, (860) 456-0506
Stacy Zarakiotis
42 Sherwood Pl., Greenwich, (203) 422-5437

BRAD_BASSITT/ISTOCK/THINKSTOCK

periodontics

Richard F. Amato
324 Elm St., Monroe, (203) 268-2000
Alan J. Berkson
431 New Haven Ave., Milford, (203) 877-5106
John A. Bierly
625 Hopmeadow St., Simsbury, (860) 658-5552
Ira Lee Cantner
744 Broad St. Ext., Waterford, (860) 444-0601
Matthew S. Cantner
97 Elm St., Old Saybrook, (860) 388-4439
Robert S. Carnevale
2 Shaw's Cove, New London, (860) 443-1114
Robert Chung
61 Fourth St., Stamford, (203) 325-3141
Nicholas A. Cucharale
2 Stony Hill Rd., Bethel, (203) 792-2263
Ronald H. Delfini
1204 Chapel St., New Haven, (203) 787-4770
Lawrence A. DeLibero
17 1/2 Elm St., New Canaan, (203) 966-1210
Brian L. Evans
60 Washington Ave., Hamden, (203) 288-5916
Bianca Flora
36 Padanaram Rd., Danbury, (203) 748-5717
Craig Foisie
744 Broad St. Ext., Waterford, (860) 444-0601
David A. Gelb
836 Farmington Ave., West Hartford, (860) 236-8550
Lawrence B. Gelb
535 Saybrook Rd., Middletown, (860) 346-9665
Jeffrey D. Goldschmidt
6 Park Place, New Britain, (860) 224-7751
Peter Guida
469 Buckland Rd., South Windsor, (860) 644-2340
John K. Holzinger
410 Saybrook Rd., Middletown, (860) 347-8457
Michael Israel
26 Lakeside Blvd. E., Waterbury, (203) 754-4123

2015 top dentists

KONSTANTYNOV/ISTOCK/THINKSTOCK

Terence S. Jackson
47 Oak St., Stamford, (203) 252-2252
Selma Kaplan
10 Mott Ave., Norwalk, (203) 857-4840
Robert A. Kiel
281 Hartford Tpke., Vernon, (860) 871-1311
Brenton J. Lahey
1080 Day Hill Rd., Windsor, (860) 683-0243
Vincent N. LaPorta
360 Tolland Tpke., Manchester, (860) 646-1429
William S. Lavine
928 Farmington Ave., West Hartford, (860) 233-6266
Howard S. Levinbrook
6 Park Place, New Britain, (860) 224-7751
James R. McAraw
97 Elm St., Old Saybrook, (860) 388-4439
Steven L. Meltzer
3 Northwestern Dr., Bloomfield, (860) 242-5594
Harvey S. Miller
6 Walnut St., Danbury, (203) 748-8114
Brete D. Moran
67 Cherry St., Milford, (203) 876-0304
Randall H. Neichin
4699 Main St., Bridgeport, (203) 372-3575
John F. Parnoff
419 Whalley Ave., New Haven, (203) 777-5385
Peter J.M. Peterson
291 Farmington Ave., Farmington, (860) 677-8747
James E. Pucci
2499 Main St., Stratford, (203) 378-5588
Kevin C. Purviance
61 S. Main St., West Hartford, (860) 236-2566
John P. Rallo
1081 Hope St., Stamford, (203) 329-8444
Jamison Scotto
1080 Day Hill Rd., Windsor, (860) 683-0243
Cary A. Shapoff
71 Beach Rd., Fairfield, (203) 255-7771
Michael K. Sonick
1047 Old Post Rd., Fairfield, (203) 254-2006
Jesse M. Sorrentino
20 W. Avon Rd., Avon, (860) 404-0233
Ernest B. Spira
1420 Main St., Glastonbury, (860) 659-0307
William E. Tarasuk
1064 Chase Pkwy., Waterbury, (203) 597-0055
Gregory A. Toback
190 Hempstead St., New London, (860) 443-2428
Christopher T. Trailor
130 New London Tpke., Norwich , (860) 889-3889
Eman J. Traynor
56 Lafayette Pl., Greenwich, (203) 661-5885
Robert F. Treado
670 East Rd., Bristol, (860) 589-0874
Marianne Urbanski
546 S. Broad St., Meriden, (860) 630-1312
Thomas A. Valluzzo
57 North St., Danbury, (203) 794-0419
Perry A. Wasserlauf
32 Cherry St., Milford, (203) 878-8596
Donald B. Weeks
149 Durham Rd., Madison, (203) 245-6985
Barry J. Weiss
60 Washington Ave., Hamden, (203) 288-5916

prosthodontics

Pablo J. Cuevas
111 Beach Rd., Fairfield, (203) 254-0545
Joseph A. Cydylo Jr.
146 Farmington Ave., Bristol, (860) 583-6630
Jack DeGrado
47 Oak St., Stamford, (203) 325-4700
Marie Falcone
24 Old Kings Hwy. S., Darien, (203) 655-1541
Benjamin Frank
105 Newtown Rd., Danbury, (203) 744-7377
Gary E. Horblitt
2226 Black Rock Tpke., Fairfield, (203) 366-7600
Damon Jenkins
366 Middle Tpke. W., Manchester, (860) 645-0111
Frederick S. Landy
1420 Main St., Glastonbury, (860) 659-0278
Francesco Maratta
2 Church St. S., New Haven, (203) 773-1701
Bruce M. Nghiem
625 Hopmeadow St., Simsbury, (860) 658-1991
Jeffrey D. O'Connell
3738 Park Ave., Bridgeport, (203) 374-9007
Dimitri Perdikis
820 Farmington Ave., West Hartford, (860) 232-3211
Andrew J. Ponichtera
373 Hopmeadow St., Weatogue, (860) 651-3319
Benedict Rich
6 Eversley Ave., Norwalk, (203) 838-2588
Steven J. Rothenberg
24 Old Kings Hwy. S., Darien, (203) 655-1541
Polina Simanovich
727 Broad St., Meriden, (203) 235-1415
Dennis W. Sindel
217 Boston Post Rd., Waterford, (860) 447-1787
Thomas D. Taylor
263 Farmington Ave., Farmington, (860) 679-7692

DENTAL SCHOOLS
UConn School of Dental Medicine
State University of New York at Buffalo
School of Dental Medicine

PROFESSIONAL AFFILIATIONS
American Association of Orthodontists
American Dental Association
Connecticut State Dental Association
Bridgeport Dental Association
Invisalign Elite Orthodontist

JOSHUA E. BAUM, D.M.D., M.S.

DR. JOSHUA BAUM GRADUATED MAGNA CUM LAUDE FROM TUFTS UNIVERSITY with a B.S. in biology. He earned his D.M.D. from the UConn School of Dental Medicine and M.S. and Orthodontic Certificate from SUNY Buffalo. His extensive educational background, coupled with his tremendous experience, expertise and gentle manner has made him a peer-esteemed member of the orthodontic community.

He recommends that children have their first orthodontic visit at age seven. This proactive approach makes it easier to treat many issues while bones are soft and growing. Early correction of jaw growth can circumvent the need to pull teeth and give patients a better self-image earlier in life. Another advantage is that children typically wear braces for a shorter period of time.

Dr. Baum recognizes that many teenagers and adults prefer a more aesthetic and less noticeable approach to treatment and thus has become one of a prestigious few "Invisalign Elite" doctors, demonstrating the highest level of achievement. He was a trial doctor for our area when Invisalign Teen was in its research and development stage, and was Connecticut's first official Invisalign Teen provider. He has also lectured for Invisalign to provide continuing education credits for other orthodontists.

Dr. Baum's patient-friendly environment doesn't feel like a typical orthodontist office. Electric guitars and skateboards adorn the walls and there is a full-sized arcade. Dr. Baum states that one of his main goals is to "have fun every day and to treat our patients as if they were guests in our home." His staff takes the same approach; "we strive to make sure that our patients not only end up with a great smile, but that they keep smiling with us throughout the process." His staff includes registered hygienists and certified orthodontic assistants, all of whom are extremely professional and well trained, and most have been working together for over a decade. He says, "We truly believe there is no profession better or more rewarding than helping to create smiles!"

DR. JOSHUA E. BAUM ORTHODONTICS, PC

241 Monroe Tpke., Monroe • (203) 261-0650
23 Church Hill Rd., Newtown • (203) 426-5900
385 Main St. S., Southbury • (203) 264-1882
baumbraces.com

JAMES R. McARAW, D.M.D., M.Sc.D.
I.L. CANTNER II, D.M.D., M.Sc.D.
MATTHEW S. CANTNER, D.M.D.
CRAIG K. FOISIE, D.M.D., MS

"IN OUR RESIDENCY PROGRAM, ONE OF OUR MENTORS TOLD US: 'Some of you will continue to practice with the same ideals and standards that we have tried to instill in you and the rest of you will slip into mediocrity," says Dr. James McAraw. "With that goal firmly fixed in our consciousness, we have always tried to provide each and every patient with the finest, gentlest and most up-to-date quality care. First and foremost, we want our patients to know that we care. Our doctors have a combined 87 years of experience in placing thousands of dental implants. We work very closely with our restorative doctors in a team approach to total patient care. When appropriate, we offer laser therapy for a very gentle approach to the treatment of periodontal diseases along with various forms of sedation for those of us who need it. Finally, we believe that our staff is one of the finest available. Several of our staff members have been with us for 15-30 years. We must be doing something right."

DR. JAMES McARAW and DR. I.L. (LEE) CANTNER II did their residencies in periodontics at the Boston University School of Graduate Dentistry. DR. MATTHEW CANTNER completed his periodontal residency at the University of Pennsylvania, where he received the Director's Award for Top Resident and highest achievement from the Northeast Society of Periodontics. DR. CRAIG FOISIE graduated Boston University School of Dental Medicine and earned a certificate in Advanced Education in General Dentistry from the Naval Dental Center Mid-Atlantic in Norfolk, VA, a certificate in periodontology Naval Postgraduate Dental School in Bethesda, MD, and M.S. in oral biology from George Washington University. A Diplomate of the American Board of Periodontology, he trained in general anesthesia and conscious sedation. As a naval dentist, he worked in a multidisciplinary setting with specialists and general dentists. He says, "It's always best to have excellent communication and multiple sets of eyes to evaluate patients in order to provide superior care, and that's what we have in our practice."

McARAW, CANTNER, CANTNER & FOISIE, LLC - PERIODONTICS AND IMPLANT DENTISTRY

97 Elm St., Old Saybrook • (860) 388-4439
744 Broad St. Ext., Waterford • (860) 444-0601
25 Durham Rd., Madison • (203) 245-4429
rivervalleyperio.com

DENTAL SCHOOL
New York University College of Dentistry

PROFESSIONAL AFFILIATIONS
American Dental Association (ADA)
Connecticut State Dental Association (CSDA)
Academy of General Dentistry (AGD Fellow)
International Congress of Oral Implantologists (ICOI Fellow)
American Dental Society of Anesthesiology (ADSA)

VENU M. CHIMMIRI, D.D.S., F.A.G.D.

DR. VENU CHIMMIRI GRADUATED FROM NYU COLLEGE OF DENTISTRY IN 2004. Because of his commitment to pursuing further education and training, he was admitted into the College of Sedation in Dentistry in 2006, and in 2008 joined the seven percent of dentists who are Fellows of the Academy of General Dentistry.

Patient communication is very important for him. Dr. Chimmiri always believes in the idea that an "educated patient is the best patient." He designs individualized treatment plans based on thorough interviews with patients and provides the necessary treatment to achieve optimal, long-lasting results. He stresses the "need to be able to forecast the outcome before the treatment begins" and strives "not to see the patient a second time for the same problem," he says. "When I do something, I want to do it right the first time." Very unique to this office, patients receive "tip cards" mailed to them every few months which provide dental tips to promote better oral health care between appointments.

His team makes sure that patients with dental emergencies are seen the day they call and are usually treated that same day. He works with other local dental specialists when patients need multidiscipline coordination of dental care.

Dr. Chimmiri's professionally designed office has an inviting atmosphere of tranquility and is coupled with Cinemizer experience for patients with long appointments. He keeps up with the latest advances in dentistry and incorporating them along with the existing state-of-the-art proven diagnostics, imaging and treatment tools that benefit both the providers and patients. He offers a combined treatment of Invisalign® with ZOOM whitening for "affordable straight white teeth."

He also offers an in-house dental savings plan for uninsured patients and help small businesses provide dental benefits to their employees without the need for conventional dental insurance coverage. He realizes that patients have many options and is frequently heard saying "Your mouth, your money, and you are the boss. I am here to just help."

MERIDEN DENTAL GROUP

35 Pleasant St, Ste. 2D, Meriden, CT • (203) 235-3539 • meridendentalgroup.com

MONICA H. CIPES, D.M.D., M.S.D.
Dental School– University of Connecticut
Specialty Certification– University of Connecticut
Graduate School– University of Connecticut
Board certification– American Board of Pediatric Dentistry

PROFESSIONAL AFFILIATIONS:
American Dental Association
Connecticut State Dental Association
Hartford Dental Society
American Academy of Pediatric Dentistry
Connecticut Society of Pediatric Dentists

ELIZABETH CHISHOLM, D.M.D.
Dental School– University of Connecticut
Specialty Certification– University of Connecticut
Board certification– American Board of Pediatric Dentistry

PROFESSIONAL AFFILIATIONS:
American Dental Association
Connecticut State Dental Association
Hartford Dental Society
American Academy of Pediatric Dentistry
Connecticut Society of Pediatric Dentists

MONICA H. CIPES, D.M.D., M.S.D.
ELIZABETH CHISHOLM, D.M.D.

DRS. MONICA CIPES and ELIZABETH CHISHOLM are a mother-daughter team of board-certified pediatric dentists with a love for children, as well as additional dental training and experience with infants, children and teens. For more than 25 years, their pediatric dental office has provided care to this specific population. By only hiring people with the same love and commitment to children, they are known as a place where their patients feel secure, relaxed and comfortable.

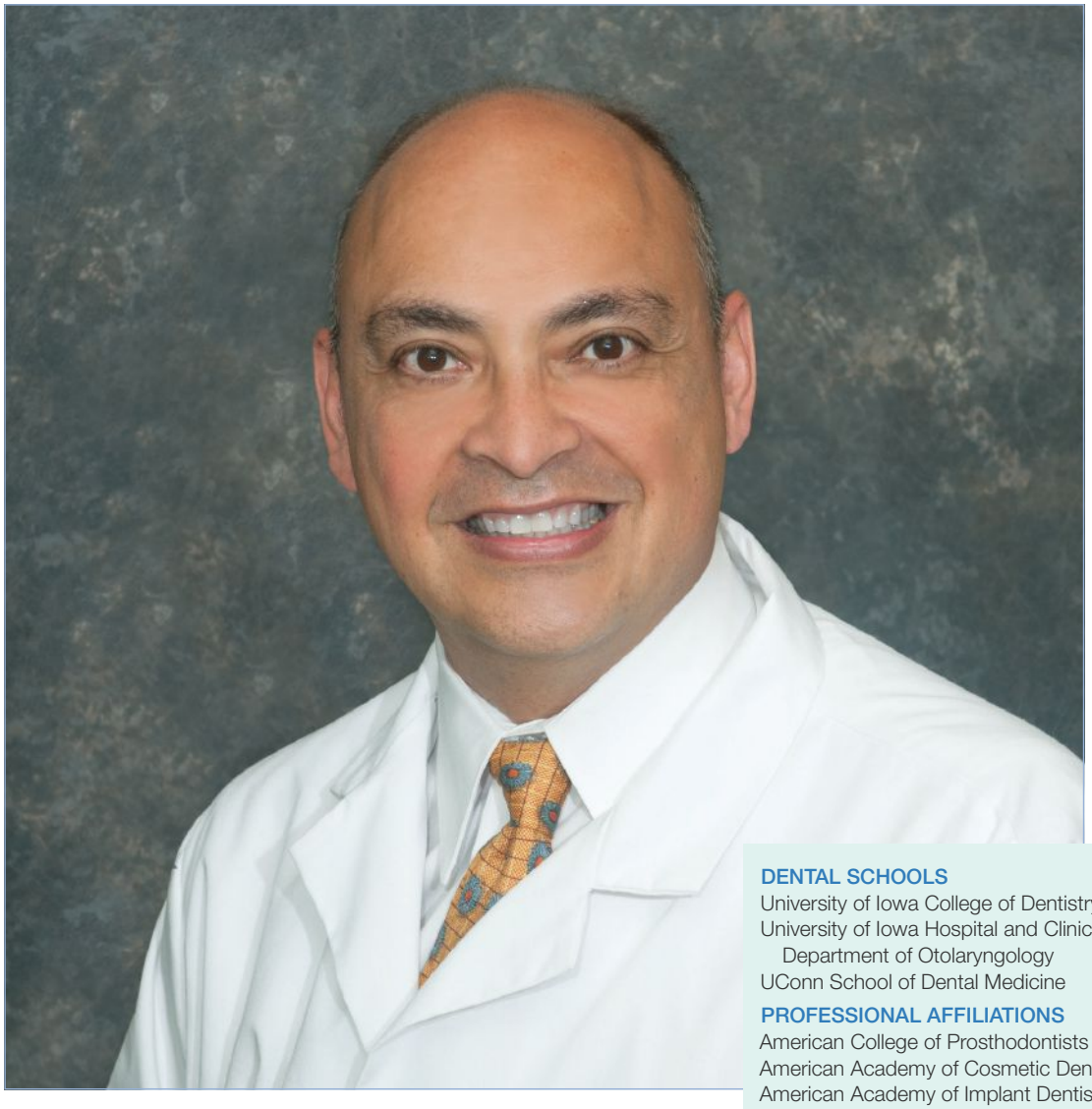
Drs. Cipes and Chisholm both hold degrees in pediatric dentistry and specialty certification in pediatric dentistry from the University of Connecticut School of Dental Medicine. Both are Diplomates of the American Board of Pediatric Dentistry and members of the attending staff at Connecticut Children's Medical Center in Hartford. Their particular areas of expertise and research are providing positive dental visits for patients, motivating children to practice good dental health habits, and improving the dental experience for children with special healthcare needs. At Cipes Pediatric Dentistry, they have extensive experience serving young people with special needs, including children with autism.

Dr. Cipes served a year as president and seven years on the American Board of Pediatric Dentistry, and serves on numerous committees including the Council on Continuing Education Committee for the American Academy of Pediatric Dentistry. She is a faculty member of the UConn School of Dental Medicine and lectures to dental students and residents on behavior guidance techniques. Dr. Chisholm received the Pierre Fauchard Award for leadership and the Community Dental Health Award from the American Association of Public Health Dentistry. Dr. Chisholm also lectures on autism spectrum disorders in the Special Care Patients course at UConn School of Dental Medicine.

Drs. Cipes and Chisholm believe that every infant, child and teenager deserves a healthy, beautiful smile and are committed to providing the best possible care in a friendly, caring and fun environment.

CIPES PEDIATRIC DENTISTRY

798 Farmington Ave., West Hartford • (860) 233-1589 • cipespediatricdentistry.com



DENTAL SCHOOLS
University of Iowa College of Dentistry
University of Iowa Hospital and Clinics
Department of Otolaryngology
UConn School of Dental Medicine

PROFESSIONAL AFFILIATIONS
American College of Prosthodontists
American Academy of Cosmetic Dentistry
American Academy of Implant Dentistry
American Dental Association
Connecticut State Dental Association

PABLO CUEVAS, D.D.S.

DR. PABLO CUEVAS, A PROSTHODONTIST, SPECIALIZES IN COSMETIC AND IMPLANT DENTISTRY. With more than 29 years' experience, he remains committed to the highest standards in dentistry as a practitioner, researcher, lecturer, and tenure-track faculty member. Dr. Cuevas earned his dental degree from the University of Iowa. He completed an American Cancer Society Fellowship in oncology and maxillo-facial prosthetics at the University of Iowa Hospitals and Clinics, Department of Otolaryngology (consistently ranked #1 by *U.S. News & World Report*). After this extensive mastery-level training, he was recruited to the nationally top-ranked University of Connecticut School of Dental Medicine, where he was course director for both undergraduate and graduate level courses.

Less than 1% of dentists in the United States achieve this mastery level training. Dr. Cuevas continues to be on the forefront of changes with continuing professional development and offering the most advanced techniques in diagnosis and treatment including the 3D ConeBeam scanner. This permits him to do virtual surgery on the computer multiple times before he performs it. "It really has changed dentistry," he notes. He also uses iTero for Invisalign® for accurate 3D scanned impressions of the teeth and simulated outcomes (no more filling your mouth with gooey material). He also offers CEREC for crowns in one visit.

Dr. Cuevas invites you to evaluate his work by the Smile Portfolio of before and after photos on his website. He is an artist as well as a master prosthodontist, with the ability to improve teeth that are broken, crooked, yellow, uneven, and/or missing. "We care deeply about each and every one of our patients," says Dr. Cuevas. "I could not do what I do without a highly trained, caring, and dedicated staff. Kathy, Camila, Zoraida, Remi, May, Erin, April, and Meghan make going to work each day a great pleasure… **Every person deserves a natural looking, healthy and radiant smile.**"

FAIRFIELD SMILES BY DESIGN

111 Beach Rd., Fairfield • (203) 254-0545 • fairfieldsmiles.com

DENTAL SCHOOLS:
University of Illinois College of Dentistry
UConn School of Dental Medicine
University of Maryland School of Dentistry
University of Kentucky College of Dentistry

PROFESSIONAL AFFILIATIONS:
American Association of Orthodontists
Northeast Society of Orthodontics
American Dental Association
Academy of Pediatric Dentistry
Schulman Study Group

DONALD C. DEMAS, D.D.S., M.S.

DR. DONALD DEMAS graduated from the University of Illinois College of Dentistry and did his residency in pediatric dentistry at UConn Health Center. He practiced pediatric dentistry for four years before he earned a Certificate in Orthodontics and a master's degree from the University of Maryland School of Dentistry. He attended the University of Kentucky where he did additional training for sleep apnea.

Dr. Demas has nearly 25 years of orthodontic experience. He has been creating beautiful smiles in the local area for adults, teens, and children since 1996. Dr. Demas' excellence of care is widely recognized and he has repeatedly been voted one of Connecticut's Top Orthodontists. He has also been recognized more than once as a member of the Top 5% of America's Most Honored Professionals.

He recognizes patients and families prefer options in their care. As such Dr. Demas and his team provide not only traditional but also clear braces, Invisalign® and Invisalign Teen®. He has repeatedly been honored as a Premier Preferred Provider for Invisalign® due to the number and complexity of cases he has completed. To patients, this means Team Demas Orthodontics is able to provide options to suit their desires.

Dr. Demas echoes the American Association of Orthodontists which recommends initial screening for children at age seven. While only some children need active early treatment, many benefit from the guidance provided by growth and development visits.

He also recognized the need for the investment in treatment to be affordable. He provides a variety of flexible payment options with no interest charges. His practice also participates in 189Braces.com, a plan to help families get braces for their child for just $189 per month.

Dr. Demas is very proud to provide a team with great depth of fun, care and expertise. On average his team each have over 15 years of experience in their field. All his orthodontic assistants are certified. Staff members of Team Demas have received awards for customer service.

Dr. Demas states, "Not only are we changing smiles, we are changing lives."

TEAM DEMAS ORTHODONTICS

51 Depot St., Suite 505, Watertown • (860) 274-6625
690 Main St. S., Woodbury • (203) 263-4955
27 Meriden Ave., Southington • (860) 276-0333

Website: TeamDemas.com

DENTAL SCHOOLS:
University at Buffalo School of Dental Medicine
University of Alabama at Birmingham

PROFESSIONAL AFFILIATIONS:
American Association of Orthodontics
American Dental Association
Connecticut State Dental Association

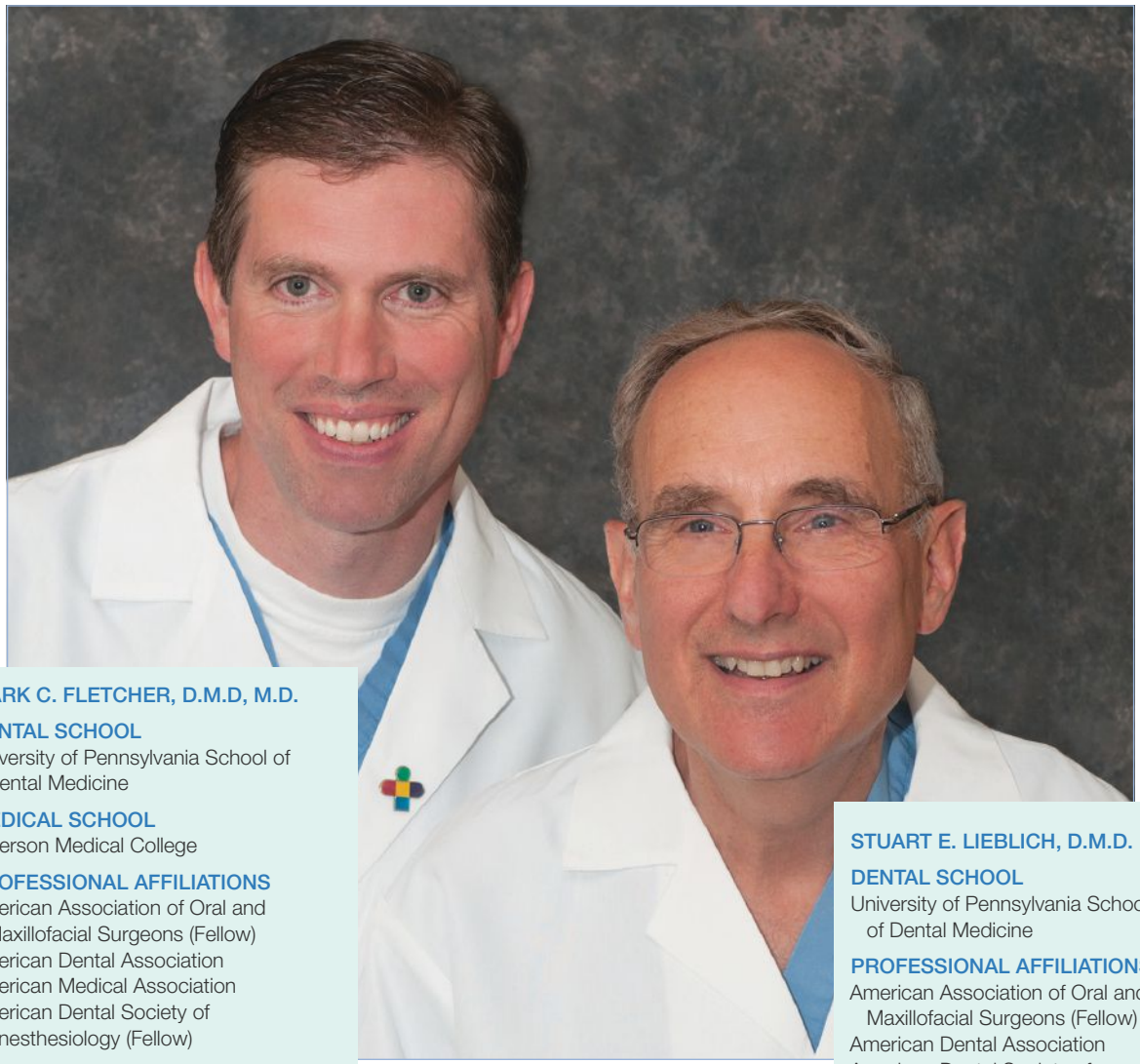
JEFFREY DIXON, D.D.S.

DR. JEFFREY DIXON graduated cum laude from the University at Buffalo with a special B.S. degree in physical therapy. After practicing PT for four years, he decided that dentistry would better utilize his skills and potential, and he entered the University at Buffalo School of Dental Medicine, where he graduated third in his class, magna cum laude. He was one of 13 dental students in the United States to receive the ADA Endowment Fund Scholarship in 1998 and is a lifetime inductee of the Omicron Kappa Upsilon National Dental Honor Society. He earned the highest grades in all of the sciences and the Donald Kozlowski Award which was given to the most respected student judged by his peers upon graduation. He completed a post-doctoral residency in orthodontics at the University of Alabama at Birmingham, where he also earned his Master's with a perfect 4.0.

Dr. Dixon believes that each patient "is not just a mouth that's walking into an orthodontist's office." He states, "Patients are not averages. They are individuals." Treatment options are customized to address patients' chief complaint and to create a healthy dentition, using the most advanced, safe and proven techniques for diagnosis and treatment. He is one of the few orthodontists to use the Sirona 3D XG ConeBeam digital X-ray when appropriate. This 3D digital imaging of teeth and jaws allows him to treat complex cases including those involving impacted and wisdom teeth. He offers tooth colored Clarity™ ADVANCED Ceramic Brackets which are very easily removed at the end of treatment and superior to early generations of ceramic braces. Ceramics are a great alternative for those who are not candidates for Invisalign®. He has an ECOsmarte® water filtration system at the point of entry into the building. This system removes harmful bacteria and metal in the water so that patients do not swallow any harmful bacteria or chemicals during treatments.

SIMSBURY ORTHODONTICS LLC

927 Hopmeadow St., Simsbury • (860) 651-9568
embracingyoursmile.com



MARK C. FLETCHER, D.M.D, M.D.

DENTAL SCHOOL
University of Pennsylvania School of Dental Medicine

MEDICAL SCHOOL
Jefferson Medical College

PROFESSIONAL AFFILIATIONS
American Association of Oral and Maxillofacial Surgeons (Fellow)
American Dental Association
American Medical Association
American Dental Society of Anesthesiology (Fellow)

STUART E. LIEBLICH, D.M.D.

DENTAL SCHOOL
University of Pennsylvania School of Dental Medicine

PROFESSIONAL AFFILIATIONS
American Association of Oral and Maxillofacial Surgeons (Fellow)
American Dental Association
American Dental Society of Anesthesiology (Fellow)
American College of Dentists
International College of Dentists

MARK C. FLETCHER, D.M.D., M.D. STUART E. LIEBLICH, D.M.D.

MARK C. FLETCHER AND STUART E. LIEBLICH offer both office-based and hospital-based surgical procedures. The practice has many years of experience in the treatment of patients of all ages. Both doctors are board-certified and have been published widely in scientific journals and textbooks.

DR. MARK C. FLETCHER *(left)* graduated from Boston College and the University of Pennsylvania School of Dental Medicine and received his M.D. magna cum laude from Jefferson Medical College in Philadelphia. He completed a general practice residency at Northwestern Memorial Hospital in Chicago and a general surgery internship and oral and maxillofacial surgery residency at Thomas Jefferson University Hospital in Philadelphia. He teaches at the UConn School of Dental Medicine and is the oral and maxillofacial surgery educational coordinator at Hartford Hospital.

DR. STUART E. LIEBLICH *(right)* graduated from Rutgers, The State University of New Jersey, with the highest honors and the University of Pennsylvania School of Dental Medicine. He completed his residency in oral and maxillofacial surgery at Kings County/Downstate Medical Center in Brooklyn, N.Y. As clinical professor at UConn School of Dental Medicine, he received grants to study wound healing, synthetic bone-reconstruction materials and the use of implants in the jaws. He served as president of the American Board of Oral and Maxillofacial Surgery and the American Dental Society of Anesthesiology.

The group performs dental implants, wisdom teeth removal, bone grafting, corrective jaw surgery, oral and maxillofacial pathology and minimally invasive snoring procedures. They are affiliated with Connecticut Children's Medical Center. As members of Hartford Hospital's maxillofacial trauma team, Drs. Fletcher and Lieblich have extensive experience in performing complex reconstructive surgeries for patients with severe injuries to the face and jaw. Their office-based procedures can be comfortably done with sedation/anesthesia. They utilize the latest 3-D imaging and closely coordinate care with patients' referring dentists.

AVON ORAL AND MAXILLOFACIAL SURGERY, LLP

34 Dale Rd., Avon • (860) 674-8079 • avonomfs.com

ANTONIO LEPORE JR., D.D.S. ANNEMARIE DELESSIO-MATTA, D.M.D.

DRS. ANTONIO LEPORE, JR. AND ANNEMARIE DELESSIO-MATTA OF PEDIATRIC DENTAL ASSOCIATES OF SOUTHBURY proudly celebrate more than 20 years of providing quality oral health care to infants, children and adolescents in the greater Waterbury area. They would like to thank their patients and staff for their loyalty over the years.

DR. ANTONIO LEPORE graduated magna cum laude from the University of Albany, SUNY with a B.S. in biology and earned his doctorate from Stony Brook University School of Dental Medicine. He completed his residency in general dentistry at Albany Medical Center, where he was an assistant professor of surgery and residency program director. He completed a residency and fellowship in pediatric dentistry at the UConn School of Dental Medicine, where he is a faculty member. He works closely with Connecticut Children's Medical Center's craniofacial team.

DR. ANNEMARIE DELESSIO-MATTA earned her B.S. in biology from Saint Francis University in Loretto, Pa., and her doctorate from UConn School of Dental Medicine. Dr. Mimi completed her residency in general dentistry at Brigham and Women's Hospital in Boston and her training in pediatric dentistry at St. Barnabas Hospital in the Bronx. She is on staff at St. Mary's Hospital in Waterbury and provides post-trauma care for falls or sports injuries.

Drs. Lepore and Delessio-Matta are both Diplomates of the American Board of Pediatric Dentistry and members of the College of Diplomates. They love treating children with special needs and continue to see them as patients after they reach adulthood. They are active in supporting the local chapter of the Cystic Fibrosis Foundation as well as the Susan B. Komen Foundation. It is important to the doctors and their staff that every child receives individual care. Their goal is "to have our patients excited about coming to the dentist."

PEDIATRIC DENTAL ASSOCIATES OF SOUTHBURY, LLC ~ *Celebrating 20 Years in Business!*
One Pomperaug Office Park, Suite 206, Southbury • (203) 264-1497 • kidstoothcare.com

DENTAL SCHOOLS:
University of Connecticut School of Dental Medicine
Columbia University School of Dental Medicine (AEGD)
Albert Einstein College of Medicine at Montefiore Medical Center (Prosthodontics)

PROFESSIONAL AFFILIATIONS:
American Board of Prosthodontics (Diplomate)
American College of Prosthodontics (Fellow)
American Dental Association
Connecticut State Dental Association
Seattle Study Club
New Haven Dental Association (President)

FRANK P. MARATTA, D.M.D., F.A.C.P.

DR. FRANK P. MARATTA, a Connecticut native, received his undergraduate degree in biology with a minor in Italian at Trinity College in Hartford and earned his D.M.D. from UConn School of Dental Medicine. After completing a program in Advanced Education in General Dentistry (AEGD) at Columbia University School of Dental Medicine, he trained for three years in Prosthodontics at Albert Einstein College of Medicine at Montefiore Medical Center. Board-certified by the American Board of Prosthodontics, he is a Fellow of the American College of Prosthodontics.

As a Prosthodontist, Dr. Maratta is an architect of treatments and solutions for complex dental cases. He offers a full range of services for restorative dentistry including fillings, veneers, crowns, bridges, dental implants, and dentures for both cosmetics and function for a better quality of life. He designs naturally looking beautiful and youthful smile makeovers to boost patients' self-confidence. He does complex restorative dentistry, single tooth and complete mouth restorations, cosmetic dentistry, and maxillofacial prostheses and artificial substitutes for oral and facial tissue for patients who have suffered a traumatic injury or cancer. Among the newest proven protocols, he uses Hybridge® Dental Implant Restorations which restore full dental function for a single tooth, multiple teeth or full arch that look, feel and function like patients' own healthy, natural teeth and offer unsurpassed levels of comfort. He offers teeth whitening, treatment for sleep apnea and customized bite appliances to promote comfort and good oral health.

Dr. Maratta offers Teeth in a Day service of dental implants which includes digital imaging for immediate and accurate placement of implants. Crowns from his in-house lab are placed right away after implants are inserted, and patients can go home the same day with beautiful teeth.

Because of his solid reputation for delivering optimal results with personalized patient care and the highest quality of treatment, he is sought after beyond his practice in New Haven. He is also affiliated with Stamford Dental Group, and volunteers with Dentistry From The Heart.

NEW HAVEN PROSTHODONTICS, P.C.
2 Church Street So., Suite 216, New Haven • (203) 773-1701

STAMFORD DENTAL GROUP, L.L.C.
47 Oak St., 2nd Fl., Stamford • (203) 883-6074

nhpros.com • teethinadaydentalimplants.com • newhavenhybridge.com

DENTAL SCHOOL
Baltimore College of Dental Surgery
University of Minnesota School of Dentistry

ORGANIZATIONS
American Association of Orthodontists
American Dental Association
Connecticut State Dental Association
Greater Danbury Dental Society
New Milford Hospital

EMILY O'KEIFF, D.D.S., M.S.

DR. EMILY O'KEIFF graduated cum laude from the University of Notre Dame with a B.S. in biology and a minor in Spanish, which she still speaks. She graduated magna cum laude from Baltimore College of Dental Surgery, the world's first dental college and the birthplace of the Doctor of Dental Surgery degree. She trained in orthodontics at the University of Minnesota School of Dentistry and earned an M.S. in oral biology. She has served as section chief for the dental section of the department of surgery at New Milford Hospital since 2008.

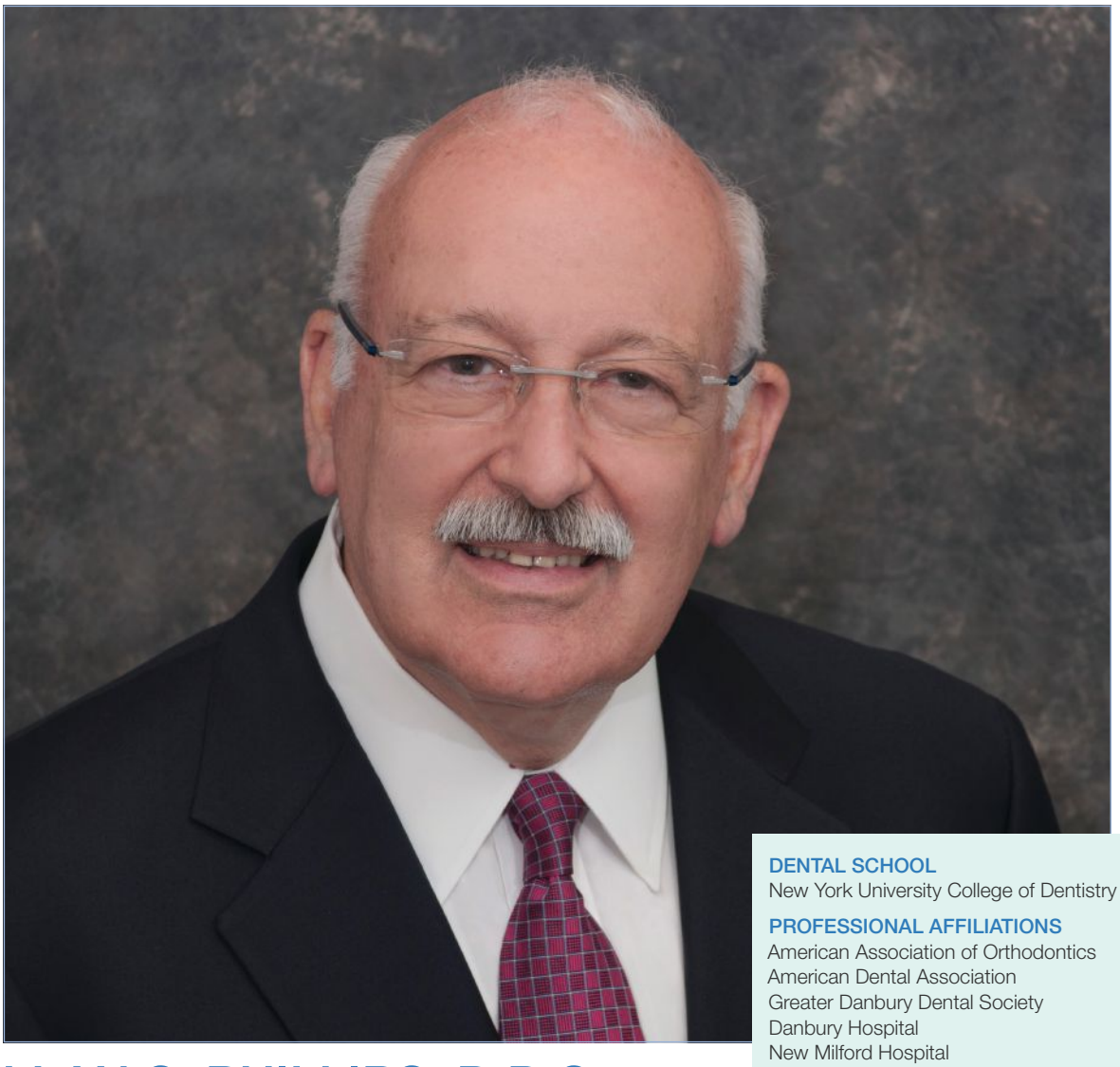
Dr. O'Keiff is in solo practice as an orthodontist and treats children and adults. Her warm, relaxing office is located in a historic building with exposed brick and large windows with natural light. The non-clinical look of her office is one reason why people feel calm and relaxed at each visit. Dr. O'Keiff is also good at relieving patients' anxieties.

She follows the guidelines of the American Association of Orthodontics, which recommends early evaluation of children at the age of seven to see if there is any "underlying skeletal disharmony" that needs to be addressed. Some treatments, she explains, such as palate expanders and correction of underbites, should be treated in the young to make future treatment more effective.

Regardless of the type of treatment her patients require, she spends "a significant amount of time on communication." She says. "I send a pre- and post-treatment letter, photos, and X-rays to their dentists, and pre-and post-treatment letters and photos to each patient. They are very thorough, customized letters – not 'stock' – and I spend most of my time (when I am not with patients) working on this."

Dr. O'Keiff makes orthodontics as fun as possible for children, offering a choice of different colored braces, very high-tech self-ligating braces for kids, porcelain braces, or nearly-invisible Invisalign appliances. She is a preferred provider of Invisalign®, Invisalign Teen® and Invisalign Express® due to her extensive experience with this technology.

EMILY O'KEIFF, D.D.S.
30 Bridge St., New Milford • (860) 354-6006



DENTAL SCHOOL
New York University College of Dentistry

PROFESSIONAL AFFILIATIONS
American Association of Orthodontics
American Dental Association
Greater Danbury Dental Society
Danbury Hospital
New Milford Hospital

ALLAN S. PHILLIPS, D.D.S.

DR. ALLAN S. PHILLIPS COMBINES A STRONG ACADEMIC AND PROFESSIONAL BACKGROUND IN ORTHODONTICS with a personal commitment to create beautiful smiles for children, teenagers and adults. He offers state-of-the-art treatment to improve both the function and aesthetics of his patients' smiles.

Dr. Phillips earned his dental degree and received his post-graduate orthodontic training at the NYU College of Dentistry. He is a widely recognized leader in the dental community, currently serving as president of the Greater Danbury Dental Society and head of continuing dental education at New Milford Hospital. He has also served as the orthodontic section chief at Danbury Hospital.

Dr. Phillips enjoys working with young patients at a critical stage in their development. He practices with the philosophy that orthodontics is about more than improving aesthetics.

"When I examine a patient, I am not only looking at how to create a healthy bite and a beautiful smile; I am also anticipating the future growth and development of each child's facial structure that will occur over the next decade," he said.

"I love working with children and making them feel comfortable when they come into my office. I never tire of that magical moment in orthodontics that I call 'the reveal,' when a patient first looks in the mirror and sees a beautiful smile with no braces.

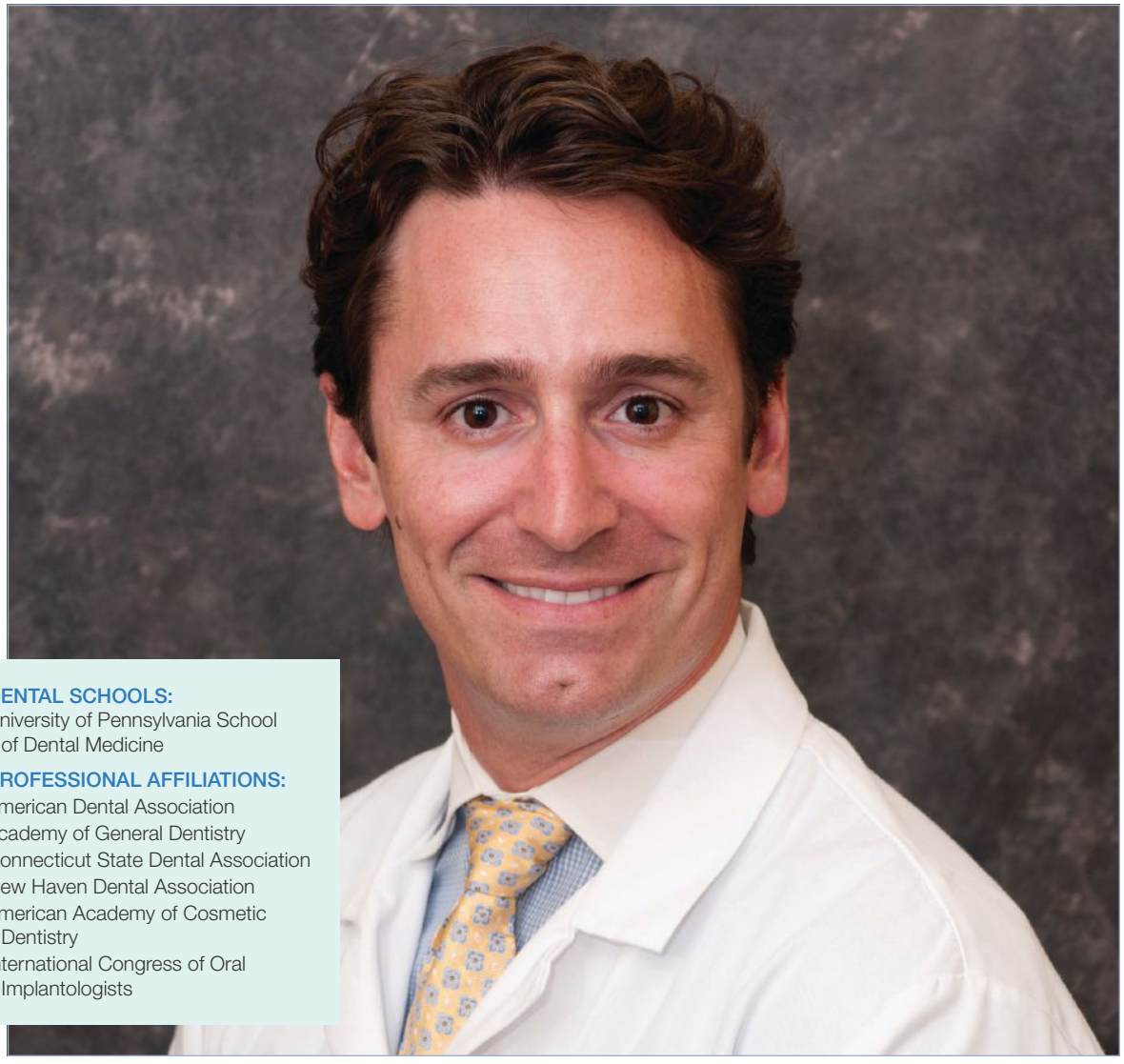
"A person's smile contributes dramatically to a first impression and helps build self-confidence. It's important, no matter how old you are."

Dr. Phillips is also experienced in working with adults who make up about 25 percent of his practice. "Many adults may not have had the opportunity to receive treatment as children. They may have crowding or spacing issues that bother them every time they look in the mirror. In addition to creating a beautiful smile for them, I am also decreasing the potential for periodontal problems as they get older.

Dr. Phillips says that the most critical part of patient care is treating each patient gently and with compassion, with the goal of assuring absolute accuracy and minimizing treatment time. "I receive immeasurable satisfaction creating life-changing smiles. It is a privilege to make a difference in a patient's life forever."

ALLAN S. PHILLIPS, DDS

7 Pickett District Rd., New Milford • (860) 354-3989
304 Federal Rd., Brookfield • (203) 775-9463
5 School St., Bethel • (203) 748-1600
8 Prospect St., Ridgefield • (203) 438-6922



DENTAL SCHOOLS:
University of Pennsylvania School of Dental Medicine

PROFESSIONAL AFFILIATIONS:
American Dental Association
Academy of General Dentistry
Connecticut State Dental Association
New Haven Dental Association
American Academy of Cosmetic Dentistry
International Congress of Oral Implantologists

ALEXANDER QUINTNER, D.M.D.

DR. ALEXANDER QUINTNER graduated summa cum laude with a Phi Beta Kappa key from Tufts University. He graduated with National Board Honors from the University of Pennsylvania School of Dental Medicine as a Dean's Scholar and was sole recipient of the Delaware Valley Society of Oral and Maxillofacial Surgeons Award. During his general practice residency at St. Francis Hospital, he sought additional training for implant placement. He was one of eight students chosen nationwide for the American Medical Student Association's fellowship in health policy. He is pursuing a Mastership of the Academy of General Dentistry, which draws less than two percent of dentists. He is a partner at Sensitive Care Dentistry which his father, Dr. Mitchell Quintner, founded 32 years ago.

Dr. Quintner is a total source provider, trained to perform the entire sequence for implant therapy including tooth removal, bone grafting, computer-guided precision implant placement and restoration. He provides accurate digital impressions, in-office CEREC® milling for crowns and veneers, 3-D ConeBeam imaging, and soft tissue laser for minimally invasive procedures.

Sensitive Care is a multi-specialty practice committed to providing gentle, thorough and comprehensive care for the people of Milford and the surrounding areas of Connecticut. It is dedicated to educating and inspiring patients to maintain optimal oral health and achieve bright, beautiful smiles at every age. Dr. Quintner has the privilege of working in this multi-specialty practice with a team of seven doctors including a pediatric specialist, a board-certified oral and maxillofacial surgeon who offers IV sedation, a periodontist, and three general dentists. This approach to treatment planning allows patients to receive all services under one roof. The team of professionals are highly trained and experienced in all aspects of dentistry. All patients receive high quality care from some of the best dentists in Connecticut. Using state-of-the-art equipment, materials and breakthrough techniques, the highly skilled team and artistic cosmetic dentists can perfect people's teeth and transform their smile.

SENSITIVE CARE COSMETIC & FAMILY DENTISTRY

55 Old Gate La., Milford • (203) 878-6699 • sensitivecare.net

DENTAL SCHOOLS
University of Connecticut School of Dental Medicine
Emory University
Harvard University

PRINCIPAL AFFILIATIONS
American Academy of Periodontology
International Congress of Oral Implantologists (Diplomate)
American Academy of Implant Dentistry
American College of Dentistry (Fellow)
Leading Dental Centers of the World

MICHAEL SONICK, D.M.D.

DR. MICHAEL SONICK is an internationally recognized periodontal and dental implant surgeon. He attended Colgate University and received his D.M.D. from UConn School Of Dental Medicine. He practiced general dentistry for two years in Manhattan before attending Emory University when he received his specialty training in periodontics. He trained in implant dentistry at the University of Gothenburg, Sweden and Harvard University.

Having successfully placed more than 10,000 implants in his career, Dr. Sonick uses advanced techniques to regenerate bone and soft tissue restoring patients to optimal health. His in-office computerized ConeBeam CT scan evaluates bone before implant placement, assuring accurate diagnosis and precise implant placement.

Dr. Sonick has an on-site dental lab and training center where he hosts Sonick Seminars for colleagues. He also regularly teaches at NYU and at UConn. Fairfield County Implants & Periodontics is current in the most advanced, proven diagnostic equipment, materials and techniques for periodontal therapy, bone regeneration, oral plastic surgery and implant dentistry. More than half his patients who require teeth extraction can have implants placed the same day, eliminating additional surgery and long delays. Often, temporary restorations can be performed simultaneously, delivering immediate improved self-image, confidence and comfort to the patient without dental embarrassment. Co-editor of Implant Site Development, a textbook on implant surgery, he lectures nationally and abroad and volunteers to treat indigent patients in need globally.

His first priority is patients' well-being. One patient said, "Before I met Dr. Sonick, my teeth were a source of embarrassment for me, but now I smile all the time. My confidence in my appearance has sky-rocketed, and I have him to thank." Dr. Sonick recalls, "At age eight, I had a terrible bike accident and lost my front teeth and fractured my jaw, which required years of dental reconstruction. As a dental patient myself, I appreciate my patient's point of view. I do everything possible to treat all my patients as I would like to be treated, with dignity, respect and up-to-date care in a pain-free, comfortable environment."

FAIRFIELD COUNTY IMPLANTS & PERIODONTICS, PC
DR. MICHAEL SONICK AND ASSOCIATES
1047 Old Post Rd., Fairfield • (203) 254-2006 • sonickdmd.com

MARIANNE MURRAY URBANSKI, D.M.D., M.Sc.D.

DENTAL SCHOOL:
University of Connecticut School of Dental Medicine

PROFESSIONAL AFFILIATIONS:
American Academy of Periodontology
Academy of Osseointegration
Congress of Oral Implantologists
American Dental Association
Connecticut State Dental Association
Connecticut Society of Periodontists
Meriden-Wallingford-Cheshire Dental Society

GREGORY A. TOBACK, D.M.D., M.S.

DENTAL SCHOOLS:
University of Connecticut School of Dental Medicine
University of Texas Health Science Center in San Antonio

PROFESSIONAL AFFILIATIONS:
American Board of Periodontology (Diplomate)
American Academy of Periodontology
Academy of Osseointegration
American Dental Association
Connecticut Dental Society
Connecticut Society of Periodontists
New London County Dental Society

GREGORY A. TOBACK, D.M.D., M.S.
MARIANNE MURRAY URBANSKI, D.M.D., M.Sc.D.

DR. MARIANNE MURRAY URBANSKI RECENTLY JOINED DR. GREGORY TOBACK AT SHORELINE PERIODONTICS, to solidify one of the most advanced and experienced periodontal offices in Connecticut.

DR. GREGORY TOBACK graduated magna cum laude from St. John's University and earned his D.M.D. from UConn School of Dental Medicine, where he received the Award for Excellence in Restorative and Prosthetic Dentistry. He further trained in periodontics and dental implants at the University of Texas Health Science Center in San Antonio. He returned to Connecticut to begin private practice at Shoreline Periodontics. He is licensed to provide services using conscious sedation and has advanced training in medical emergencies and holds a certificate in Advanced Cardiac Life Support (ACLS). Dr. Toback offers the Pinhole Surgical Technique (PST) to correct gum recession and treats gum disease with Laser-Assisted New Attachment Procedure (LANAP) to close periodontal pockets.

DR. MARIANNE MURRAY URBANSKI graduated cum laude from the College of the Holy Cross in Worcester and earned her D.M.D from UConn School of Dental Medicine where she received the award for Excellence in Restorative Dentistry and Oral Pathology. She completed her general dentistry residency at St. Francis Hospital and Medical Center in Hartford and returned to UConn Dental School for her specialty training in periodontics and Masters of Dental Science Degree. She was in solo practice in Meriden for 21 years before returning to her hometown of New London. She taught periodontics at UConn's School of Dental Medicine and Yale-New Haven Hospital, and is the author of the book, *Mind and Medicine: In Harmony for Healing*. She was among the first area providers to use 3D Cone-Beam imaging for implant placement.

Both Drs. Toback and Urbanski are committed to providing patients with superior modalities to treat patients who have dental disease and have expertise in treating those who suffer from anxiety and apprehension. Both are also certified in the Wilckodontics® Accelerated Osteogenic Orthodontics™ procedure, which uses bone physiology to redirect the teeth and straighten them three to four times faster than conventional braces.

SHORELINE PERIODONTICS PC

190 Hempstead St., New London • (860) 443-2428 • www.shorelineperio.com

THEODORE K. WU, D.M.D., M.A.G.D
ELIZABETH DOLAN HOLZHAUER, D.M.D.
TIMOTHY R. HOLZHAUER, D.M.D.

DRS. THEODORE WU, ELIZABETH HOLZHAUER and TIMOTHY HOLZHAUER work closely together at Blue Back Dental, where they practice all phases of family and cosmetic dentistry using state of the art technology in the center of Blue Back Square in West Hartford. Additionally, they provide implants, short-term orthodontics, and CEREC crown restorations placed in a single day.

DR. THEODORE WU, originally from Alberta, Canada, earned his Bachelor's degree at the University of California at San Diego and his dental degree at Tufts University School of Dental Medicine. He completed an Advanced Education in General Dentistry residency at UConn Health Center. He also obtained his Master's status with the Academy of General Dentistry, which is awarded to less than one percent of all dentists. He is honored to be selected as a leading provider for Six Month Smiles. He offers virtual mock-ups for those who are unsure of what they would look like after a smile makeover.

DR. ELIZABETH HOLZHAUER graduated summa cum laude with a B.S. in pre-professional science from the University of Notre Dame and was inducted into the Phi Beta Kappa Honor Society. She received her D.M.D. from UConn School of Dental Medicine, and was inducted into the OKU National Dental Honor Society. She completed a General Practice Residency at Hartford Hospital and has taken extensive continuing education. It is her goal to educate her patients and empower them to make informed decisions about their dental care.

DR. TIMOTHY HOLZHAUER graduated summa cum laude with a B.S. in molecular and cellular biology from UConn and was inducted into the Phi Beta Kappa Honor Society. He received his D.M.D from UConn School of Dental Medicine and completed his Advanced Education in General Dentistry residency at UConn Health Center. Interested in all phases of general dentistry, he has a passion for furthering his knowledge of the most current dental treatments available. He has trained extensively in cosmetic dentistry, Invisalign and Six Month Smiles, and dental appliances used as an alternative to CPAP for the treatment of obstructive sleep apnea.

BLUE BACK DENTAL

65 Memorial Dr., Ste. 400, West Hartford • (860) 233-9300 • bluebackdental.com

CONNECTICUT® MAGAZINE

Top Dentists

PROFILES 2015

© DIGITAL VISION/PHOTODISC–THINKSTOCK

RICHARD AMATO, D.D.S.

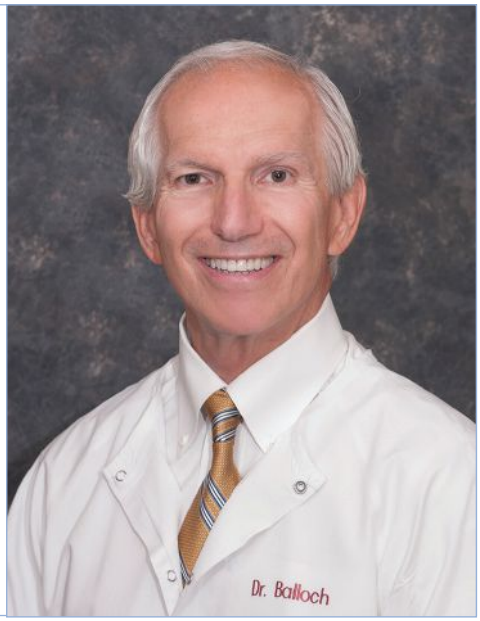
DR. RICHARD AMATO graduated with high honors from Adelphi University. He earned his dental degree from Stony Brook University, where he received the Award for Excellence in Periodontology. He completed a post-doctoral residency at the Eastman Dental Center at the University of Rochester Medical.

Dr. Amato is passionate about today's advances in treating periodontal disease because these treatments help control other inflammatory diseases. He is one of the few area specialists to perform LANAP® protocol, the only FDA-approved laser protocol to eliminate gum infection and close up pockets without a scalpel or sutures. He also uses the Pinhole Surgical Technique™ to rejuvenate receding gums without cutting or sutures. For implant patients, he uses an i-CAT 3D Cone Beam scanner for accurate and almost limitless views of the face and teeth and to plan treatment. With today's technological advances, he says, "Everything should be virtually painless. It's rare that I write a narcotics prescription these days."

Dental School Stony Brook University School of Dental Medicine **Organizations** American Dental Association, American Academy of Periodontology, Connecticut State Dental Association, Connecticut Society of Periodontists, Bridgeport Dental Association

ADVANCED PERIODONTICS & DENTAL IMPLANT CENTER OF CT LLC
324 Elm St., Ste. 103, Monroe • (203) 803-4688 • connecticutperiodontist.com

STEVEN M. BALLOCH, D.D.S.



DR. STEVEN BALLOCH earned his B.S. in biochemistry from the University of New Hampshire and graduated Georgetown University School of Dentistry with honors. He completed his general practice residency in the U.S. Army Dental Corps, and praises the top military dental specialists who mentored him, and he won numerous awards and commendations for his work.

"I would like to thank all my colleagues who consider me a 'Top Dentist' and to my wonderful staff, as well, who share in this special recognition," he says.

Dr. Balloch's practice is based on providing mastery level dentistry in a setting that promotes the health and comfort of his patients. He has a holistic approach and understands how overall health, diet and dental health are connected. Comfort is equally important and his office offers spa-like amenities and sleep dentistry, to enhance his patients' experience.

He defines the success of his practice by the improved health and beautiful smiles of his patients, and by the friendships established with his patients throughout his career.

Dental School Georgetown University School of Dentistry **Organizations** American Academy of Cosmetic Dentistry, American Academy of Implant Dentistry, International Congress of Oral Implantologists, American Dental Association, Connecticut State Dental Association, Pierre Fauchard Academy, Connecticut Study Club for Excellence in Dentistry

STEVEN M. BALLOCH, D.D.S.
300 Hebron Ave., Ste. 112, Glastonbury • (860) 659-8660 • hartfordcosmeticdentist.com

ADAM S. DANIELS, D.D.S., M.S.

DR. ADAM S. DANIELS RECEIVED HIS BACHELOR'S DEGREE FROM MICHIGAN STATE UNIVERSITY, AND THEN WENT ON TO DENTAL SCHOOL AT THE UNIVERSITY OF MICHIGAN. He earned his D.D.S. and M.S. in orthodontics from its School of Dentistry and held multiple leadership positions there.

Dr. Daniels focuses on giving patients beautiful smiles and the confidence that comes with that. He knows firsthand the difference that orthodontics makes in people's lives. He and his team are dedicated to helping their "family of patients" achieve the smiles of their dreams.

He believes that orthodontic treatment benefits people of all ages and follows the American Association of Orthodontics' recommendation for evaluation starting at age seven for early intervention if necessary. He believes in making orthodontics fun whether the treatment is Invisalign or traditional metal braces.

He has provided free dental care for indigent families in Guatemala and has inspired his staff and "family of patients" to help with fundraising efforts to a build over 500 stoves in several small remote Guatemalan villages.

Dental School University of Michigan School of Dentistry **Organizations** American Association of Orthodontics, American Dental Association, Tolland County Dental Association, Spear Study Club

CONNECTICUT VALLEY ORTHODONTICS, PC
219 Talcottville Rd., Vernon • (860) 872-8361 • ctvalleyortho.com

RONALD H. DELFINI, D.D.S.

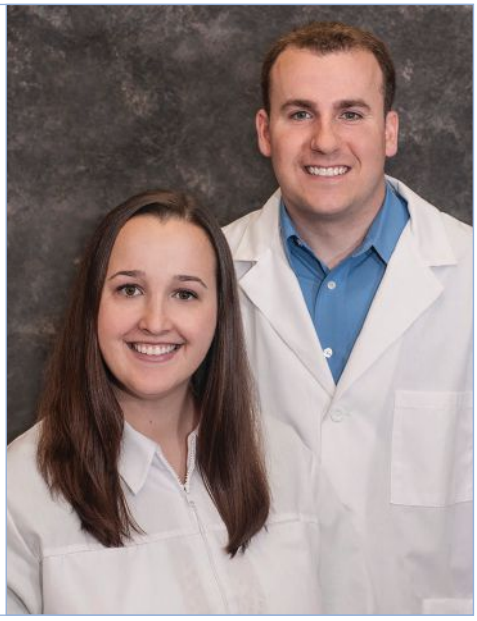
DR. RONALD H. DELFINI HAS BEEN PRACTICING PERIODONTICS IN NEW HAVEN SINCE 1972. His practice, which includes dental implants, emphasizes maintaining or restoring optimum oral health. Dr. Delfini treats a wide variety of dental issues including periodontal disease, gingival recession and tooth loss. The focus of his practice encompasses the preservation of existing teeth, as well as the replacement of missing teeth with implants. When he is formulating a treatment plan, his goal is to restore health, function and the best possible aesthetics for every patient.

Dr. Delfini attended The Hopkins School in New Haven, and is also a graduate of Lehigh University and Georgetown University School of Dentistry, where he completed his fellowship in periodontics. He serves on the faculty of the Yale University School of Medicine and has been teaching dental residents for 30 years.

Dental School Georgetown University School of Dentistry **Organizations** American Dental Association, Connecticut State Dental Association, American Academy of Periodontology, Connecticut Society of Periodontics

RONALD H. DELFINI, D.D.S., P.C.
1204 Chapel St., New Haven • (203) 787-4770
delfini-perio.com

GILLIAN R. KELLY, D.M.D., M.S.D.
MICHAEL T. KELLY, D.M.D., M.S.



DR. GILLIAN KELLY graduated from Penn State University with honors and high distinction. She earned her degree from UConn School of Dental Medicine, where she received the Outstanding Senior Women Academic Achievement Award from the Governor of Connecticut. She trained in orthodontics at Virginia Commonwealth University, and her research has been published in orthodontic literature.

DR. MICHAEL KELLY was a summa cum laude graduate of UConn and was inducted into Phi Beta Kappa. He earned his dental degree from UConn and received the Alpha Omega award for top academic ranking in his class. He trained in orthodontics at the University of North Carolina at Chapel Hill and is board-certified by the American Board of Orthodontics.

This husband and wife team takes pride in their family-friendly practice and provides treatment to patients of all ages. Kelly Family Orthodontics offers customized treatment options, including braces, clear braces, and Invisalign®, to help patients achieve their goals. The Kellys believe that everyone deserves the confidence of a beautiful smile, and provide personal and personable service "from the Kelly family, to yours!"

KELLY FAMILY ORTHODONTICS
535 Saybrook Rd., Middletown • (860) 346-9259
26 Shunpike Rd., Cromwell • (860) 635-2675 • www.kellyfamilyorthodontics.com

ANDREW J. KUHLBERG, D.M.D., M.S.D.

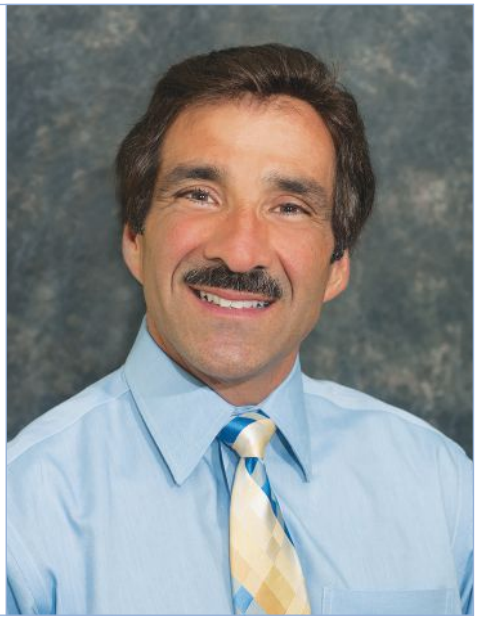
DR. ANDREW KUHLBERG graduated cum laude with a B.A. in biology and psychology from Hartwick College and earned his D.M.D. and Master of Dental Science from the University of Connecticut School of Dental Medicine. While he was a full-time professor at UConn, he developed his interest in the biomechanics of orthodontics. He authored several textbook chapters and scientific articles. He has helped develop innovations and concepts improving the orthodontic treatment techniques.

Dr. Kuhlberg strives for orthodontic care that is "minimally invasive and maximally effective." His office emphasizes creating a friendly atmosphere for patient and their families. Treatment is focused on the needs of each patient. With all digital diagnostic records, including 3D digital dental models, digital radiographs and photographs, patient diagnosis and treatment planning are based on sound science and utilize contemporary technology. More important, Dr. Kuhlberg's team works closely together to provide the best of care and service making a pleasant experience for all."

Dental School University of Connecticut School of Dental Medicine **Organizations** American Board of Orthodontics (Diplomate), American Dental Association, American Association of Orthodontists, Angle Society of Orthodontists

KUHLBERG ORTHODONTICS
70 West Avon Rd., Avon • (860) 673-5081 • kuhlbergorthodontics.com

GEORGE M. MANTIKAS, D.M.D.



DR. GEORGE MANTIKAS EARNED A B.S. IN BIOLOGY FROM ST. JOHN'S UNIVERSITY WITH DUAL MINORS IN CHEMISTRY AND BUSINESS, and graduated with honors from Tufts University School of Dental Medicine in Boston, Mass. He is a mentor at UConn School of Dental Medicine.

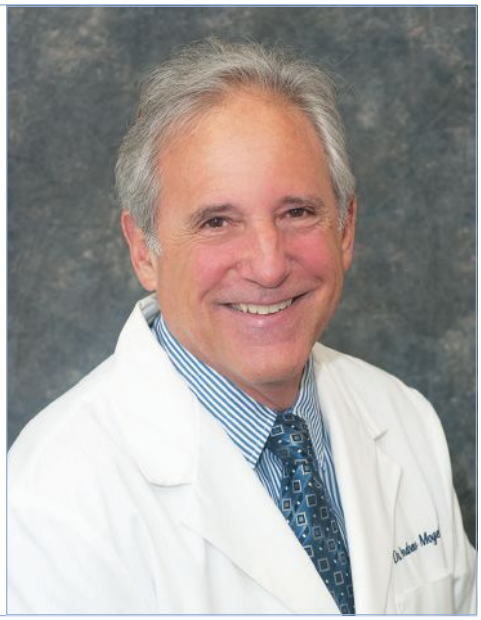
Dr. Mantikas believes that "dental health is an indicator of overall health," and is proud that "Tufts is on the forefront" of getting medical doctors and dentists to work together to achieve optimum overall health, which includes maintaining healthy teeth and gums for a lifetime.

Since he opened his general dentistry practice in East Hampton in 1991, he has remained on the cutting edge of dentistry and educating patients. He provides optimal, comprehensive dentistry in a friendly environment that utilizes proven technology, including latest generation digital x-rays and hard and soft tissue lasers. He is progressive regarding advanced cosmetic and implant techniques and procedures because, as he states, "every patient deserves the best possible treatment available to them."

Dental School Tufts University School of Dental Medicine **Organizations** American Dental Association, Connecticut State Dental Association, President, Middlesex Dental Society, American Endodontic Society, National Society of Dental Practitioners, Academy of General Dentists, American Academy of Cosmetic Dentistry, American Academy of Implant Dentistry, International Congress of Oral Implantologists

GEORGE M. MANTIKAS, D.M.D.
142 East High St., East Hampton • (860) 267-6666 • drmantikas.com

ANDREW MOGELOF, D.D.S., C.F.E., C.D.C., F.A.G.D.



DR. ANDREW MOGELOF COMPLETED A GENERAL PRACTICE RESIDENCY AT LONG ISLAND JEWISH MEDICAL CENTER. He is a mentor at the Kois Center of Advanced Dental Education in Seattle and has completed all levels of courses at The Pankey Institute in Key Biscayne. He is chief of dentistry at Lord Chamberlain Skilled Nursing Facility in Stratford and was chairman of peer review for the Bridgeport Dental Association for 16 years. He's also a certified fraud examiner and certified dental consultant, and consults and testifies in dento-legal matters and quality-of-care issues for insurance companies.

Dr. Mogelof provides excellent care through careful, thorough diagnosis and individually designed treatment plans. As an advocate and partner in his patients' oral care, he educates each patient about their specific dental conditions, earning their trust and alleviating their fears with his consistent, methodical and responsible approach. His motto: "Let us help you smile™." "There is only one standard of care in my view—to treat patients the way I would want to be treated, knowing what I know."

Dental School New York University College of Dentistry **Organizations** Academy of General Dentistry (Fellow), International Congress of Oral Implantologists, American Equilibration Society, American Dental Association, American Association of Dental Consultants, American Association of Fraud Examiners, Pierre Fauchard Academy

MOGELOF DENTAL GROUP, LLC

2499 Main St., Stratford • (203) 378-5588 • drmogelof.com

JEFFREY O'CONNELL, D.M.D.

DR. JEFFREY O'CONNELL EARNED HIS D.M.D. DEGREE FROM THE UNIVERSITY OF MEDICINE AND DENTISTRY OF NEW JERSEY, where he completed a three-year postdoctoral residency in prosthodontics, the restoration and replacement of missing or broken teeth.

At his state-of-the-art practice, Dr. O'Connell uses digital radiology, soft-tissue laser, cavity-detecting intraoral cameras, 3-D imaging for presurgical planning of dental implant placement and CAD/CAM technology (CEREC) to fabricate porcelain crowns in one visit. He takes the time to understand patients' chief complaints and specializes in complicated cases that involve crowns, bridges and dentures. He considers himself the "architect" of his patients' treatments and thrives on the challenge of restoring dream smiles with the newest, proven procedures and superior materials that make teeth look natural and lifelike. His entire dental team is comprised of friendly, knowledgeable people who are dedicated to making every patient feel comfortable and relaxed.

Dental School University of Medicine and Dentistry of New Jersey **Organizations** American Dental Association, Connecticut State Dental Association, American College of Prosthodontics, Bridgeport Dental Association

GOLD COAST PROSTHODONTICS

1177 Post Rd., Fairfield • (203) 292-9292
goldcoastpro.com

JAMES E. ROBSON, D.D.S.

DR. JAMES ROBSON KNOWS FIRST-HAND WHAT IT IS LIKE TO HAVE A SMILE THAT IS LESS THAN BEAUTIFUL. As a middle school student, his orthodontist straightened his "horribly crooked teeth," and inspired him to study dentistry. He studied at the University of Colorado and earned his D.D.S. from Northwestern University Dental School. He practiced dentistry for five years in the Navy and was named "Top Dentist" there. He participated in humanitarian trips to the South Pacific and the Give Kids A Smile program.

"I can give them back something that they have been missing from restoring a single tooth to an entire smile," he says. No matter how big a problem is, there's got to be at least one solution." He uses VisiLite® screening for early detection of oral cancer and offers the Wand® STA (single-tooth anesthesia system) as an alternative to painful injections.

Dental School Northwestern University Dental School **Organizations** American Dental Association, Academy of General Dentistry, New London County Dental Society (past president), Southeastern Connecticut Study Group

ROBSON DENTISTRY BY THE LAKE

279 Boston Post Rd., East Lyme • (860) 739-3881
robsondental.com

GREGORY W. SANFORD, D.M.D., M.SC.D.

DR. GREGORY SANFORD earned his dental degree with high honors from the University of Pennsylvania School of Dental Medicine and his Master's Degree in Dental Science with specialty in orthodontics from Boston University. He was previously a partner at a large New York City practice for 10 years and on staff at New York Hospital Cornell Medical Center.

Dr. Sanford prefers a conservative, non-extraction approach to orthodontic treatment whenever possible. He recommends that a child have an initial evaluation by age seven.

Dr. Sanford also offers orthodontic treatment for adults, including completely undetectable No Trace braces which are behind the teeth. Most adults need treatment for only six to nine months.

Dental School University of Pennsylvania School of Dental Medicine **Organizations** American Board of Orthodontics (Diplomate), American Association of Orthodontists, New England Society of Orthodontics

GREGORY W. SANFORD, D.M.D., M.Sc.D.
44 Old Ridgefield Rd., Ste. 219, Wilton • (203) 762-2322 • sanfordorthodontics.com

CRISTINA L. SANTOS-TOMAS, D.M.D.

DR. CRISTINA L. SANTOS-TOMAS RECEIVED HER B.S. IN BIOLOGY FROM TRINITY COLLEGE and is a graduate of the UConn School of Dental Medicine. Her love for children led her to specialize in pediatrics and complete a pediatric dental residency program at the UConn and Connecticut Children's Medical Center. She is a board-certified pediatric dentist who is currently on the clinical teaching staff at the UConn School of Dental Medicine and on the medical staff of Connecticut Children's Medical Center.

As a pediatric dentist, Dr. Santos-Tomas is concerned about the prevalence of cavities among young children and strongly supports the ADA's and the American Academy of Pediatric Dentistry's recommended "age 1" dental visit. "Often, parents hesitate to bring a child to the dentist until they are 3 or 4," she says. "My goal is to create a dental home for children by age 1." She emphasizes that by seeing a pediatric dentist early, "children develop a positive relationship with the dentist and a healthy smile from the beginning."

Dental School UConn School of Dental Medicine **Organizations** American Dental Association, Connecticut State Dental Association, Connecticut Society of Pediatric Dentists, American Academy of Pediatric Dentistry

NEWINGTON CHILDREN'S DENTISTRY, LLC
435 Willard Ave., Newington • (860) 372-4600
ourfavoritedentist.com

MICHAEL J. WILLIAMS, D.M.D.

DR. MICHAEL WILLIAMS focuses on family dentistry. He has a degree in biochemistry from Trinity College and his doctorate from UConn School of Dental Medicine, a national industry leader. His residency was at Wright Patterson Air Force base, which admits the top 10% of a class. "It was one of the most comprehensive educations I could ask for," he says, while noting he furthered his advanced training at Hanscomb Air Force base before opening his practice in Simsbury.

His philosophy is that "Everyone is different due to physical or financial considerations. I pride myself on sound practices while staying current technologically, utilizing lasers. I am not interested in selling a patient something they don't need. I'm part of my community and am true to those I serve."

Dr. Williams is a staff consultant to a preschool and goes into several others educating young brushers. He coached for local soccer and baseball leagues and has given his time to Connecticut Mission of Mercy serving the underinsured.

Dental School University of Connecticut School of Dental Medicine **Organizations** American Dental Association, Academy of General Dentistry, Connecticut State Dental Association, Hartford Dental Society, Simsbury Chamber of Commerce

MICHAEL J. WILLIAMS FAMILY DENTISTRY
965 Hopmeadow Rd., Simsbury • (860) 658-7833 • mysimsburyfamilydentist.com

to funeral directors (who work with family members to gather information about the deceased), a wide range of professionals were needed to properly respond to large-scale fatalities. Today, these teams include pathologists, anthropologists and, of course, forensic dentists. The dentists provide an alternative identification method to DNA testing, which can be expensive and take a long time.

"People have a unique set of teeth that cannot always be appreciated through dental x-rays," Freeman says. "But there's a lot of information we can compare—the shape of fillings, the position of fillings, what tooth is filled, what surfaces of the tooth are filled. We can compare things like root shapes, the nerve shapes, we can compare bone patterns, in upper teeth sometimes we can see sinuses and the shape of the sinus."

He adds these signs of individuality become clearer as a result of regular dental work. "Most people at some point have had some form of dental intervention, lots of people have had fillings and things like that, and those are very specific and unique."

However, Freeman can still make identifications even if the deceased did not regularly visit a dentist. "I've made identifications on people with no teeth at all, and we've also made identifications on people that never had a filling based on the shape and size, positioning of teeth, the root shape and all the rest of the things we can do," he says.

Once dental records are collected for suspected victims of a tragedy, Freeman and his colleagues use computer programs to help cull possible matches and narrow down the search, from thousands of possibilities to just a few. Human expertise is needed to make a definitive identification. "Ultimately people make the match," Freeman explains.

It's complex work where accuracy is of the utmost importance.

Kevin Costigan, commander of DMORT's Region 2, which is responsible for New York and New Jersey among other areas, says misidentification is not an option. "If we were to make one mistake, we naturally made two mistakes," he says. "That's why we take our jobs so critically serious. We have to be 100 percent correct each and every time."

But he adds DMORT's mission goes deeper than just identifying remains. "It's making sure that the families are taken care of that's the first consideration, that's the most important part of our job," he says.

Before joining DMORT, team members have to have demonstrated a degree of professionalism in their area of expertise. As a result, each team member is accustomed to death and dealing with bodies long before their initial deployment. Yet nothing can fully prepare them for what they witness the first time at a catastrophic event.

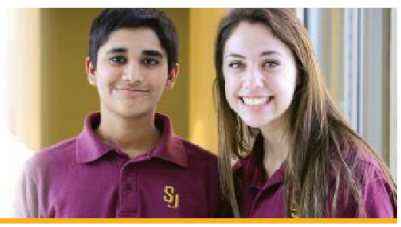
"Nobody goes to a mass disaster coming back the same way," Freeman says. "Anybody who tells you it does not affect them, that's just a lie. It does affect you. It's terribly sad, but the great thing we do is we have the ability to identify these people and we treat those victims with a tremendous amount of respect."

Freeman arrived in Louisiana shortly after Hurricane Katrina laid waste to the region. He served at a morgue on the east side of the Mississippi River (a DMORT morgue was also established on the west side). "It literally looked like Hiroshima. Houses were just gone," he says. "There was widespread, just absolute, devastation of the area. Obviously, there was no power, the roads were washed out and there was debris everywhere."

The team slept in the back ends of refrigerated 18-wheelers that were brought to the area to hold bodies. There were no blankets, pillows or mattresses. They ate military rations of Meals, Ready-to-Eat (MREs) and worked 12 hour days in two-week shifts (though Freeman ended up staying longer than two weeks to help the replacement team transition).

ST JOSEPH HIGH SCHOOL
MCMLXII PRIVILEGE AND RESPONSIBILITY

25 SURROUNDING TOWNS
Choose St Joe's



2015 Open House Dates
5th Grade and up welcome

Fall Open House
Sunday, October 18
1 pm – 4 pm

Winter Open House
Wednesday, December 2
7 pm – 8:30 pm

2015 Entrance Exam Dates
Saturdays
October 31, November 14
8 am – 11:30 am

2-Day Entrance Exam Prep Course
Friday, October 23
6 pm – 9 pm

Saturday, October 24
9 am – 1 pm

Exam Prep Course Students are invited to stay for lunch and football game on Saturday, October 24.

Register online now at SJCadets.org/admissions (Entrance Exam Prep Course)

For more information or to set up a private tour
please call the Admissions Office at 203-378-9378
admissions@sjcadets.org

ST JOSEPH HIGH SCHOOL
2320 Huntington Turnpike
Trumbull, CT 06611
203-378-9378 (ext. 455)
www.sjcadets.org
www.bridgeportdiocese.com

Bus routes are available in neighboring towns!
Please visit our website for transportation information.

Find Us On:
Facebook.com/SJCadets
Twitter: @SJCadets
Instagram: @SJCadets

For more information, see page 82

During deployment, Freeman says DMORT members look out for one another. "The team always makes sure that we take care of each other and that everybody who goes down comes back and nobody gets hurt," he says. That goes for mental and physical harm. Each DMORT unit is monitored by a mental health professional, who watches each team member to make sure that the sadness or stress of a traumatic situation is not getting to them.

Freeman's wife Peg and their two daughters worry about him when he leaves and goes into some situations that are less than ideal, but they understand it is a "labor of love" for him and are supportive.

Though DMORT members are paid as government employees, the compensation is often less than they would make at their regular professional jobs. When Freeman helps identify bodies for Connecticut's medical examiner, he does it free of charge. He is motivated by a reverence for the dead. It's a feeling shared by his fellow DMORT members.

In explaining what drives DMORT members, Costigan, commander of DMORT's Region 2, quotes former British prime minister William Ewart Gladstone: "Show me the manner in which a nation cares for its dead and I will measure with mathematical exactness the tender mercies of its people, their respect for the laws of the land, and their loyalty to high ideals."

Freeman rarely deals directly with family members of the deceased but he has received letters of appreciation. "Some of the nicest notes that I've ever gotten were notes from survivors, people whose husbands or families were part of a mass disaster," he says. "When these type of events happen, we all, you too, want to do something to help and I get the great ability to often be on site and help the very people that sometimes really at some level are overlooked.

"We all talk about survivors, but giving that level of respect and dignity to those who didn't survive a mass disaster is important to us and that is really the main goal of DMORT—to treat all of these people with dignity and the respect that they deserve and to try and bring closure to families."

Members of a DMORT unit stationed in Carville, La., gather with truck drivers for prayer led by the temporary morgue's chaplain before the re-casketed remains of the disintered are transported back to their original resting places.

ROBERT KAUFMANN/FEMA

©2015 Porsche Cars North America, Inc. Porsche recommends seat belt usage and observance of all traffic laws at all times.

More people on the edge of more seats

The Panamera. Experience pure Porsche performance for four.

$949*/MONTH 27MTHS

$7,699 due at lease signing

Excludes tax, title, and license fees.
No security deposit required

Porsche of Wallingford
203-294-9000
800 So. Colony Rd (Rt-5)
Wallingford, CT 06492
www.porscheofwallingford.com

PORSCHE

Actual lease price determined by your authorized Porsche Dealer; your payments may vary. Closed-end lease offered to qualified lessees with approved credit by Porsche Financial Services through participating U.S. dealers. Must take delivery by 9/30/2015. Estimated payments based upon MSRP of $91,895 (includes destination charge) for a Model Year 2015 Panamera with the following options: Premium Package Plus (Power 14-way Seats), Metallic Paint, BOSE® Surround Sound System, 19-inch Panamera Turbo Wheels, Power Sunblind for Rear Side Windows, Power Sunblind for Rear Compartment and Soft Close Doors. Model pictured may have optional features and equipment. Price excludes title, taxes, registration, license fees, insurance, and maintenance. Lease payments of $949.42 for 27 months total $25,634.34 based on capitalized cost of $80,455 (requires dealer contribution which could affect price). Total due from customer at signing $7,699.42 (first month's payment, acquisition fee of $995 and capitalized cost reduction of $5,755). No security deposit required. At lease end, lessee pays excess wear, $.30/mile over 22,500 miles and $350 termination fee. Purchase option at lease end $61,569.65 plus taxes. Specific vehicles and options are subject to availability and your price may vary. For additional information see your participating authorized Porsche Dealer or visit Porsche.com/usa.

aspect, we really look at food access in Hartford. There's only one supermarket in the city. There are only small corner stores, which are not the freshest or the healthiest. We tie it to the social aspect. Why is it happening to youth of color? You go to West Hartford or Newington and they don't have this problem.

"We tie it to the school lunch campaign," she continues. "This is a big food justice issue in their lives. The lunches, for some that can be the only time they eat. They come to our program complaining how they haven't eaten, they're fidgety and tired. We pursue that and see why it's an issue for you."

Programs like these complete the circle of communication necessary to make traceable changes in student's lives. GROW Windham gives students a voice and points it in the right direction. Similarly, GROW Hartford, a partnership program between the Willimantic Food Coop and the Town of Windham, has a Youth CORE of 14- to 19-year-olds who are active in advocating for themselves and their families. School districts and local governments won't make changes if the issues aren't made public. Students need to speak up for their own health and wellness.

Like Hartford, Windham suffers from food insecurity, which the USDA defines as insufficient access to adequate food sources due to lack of money or other resources. Windham has the grocery stores, but they're not always easy to get to or affordable, says Kate Callahan, GROW Windham program coordinator who started as a FoodCorps service worker in the area.

"There is plenty of healthy food in our community, but is it culturally appropriate and accessible? What personal choices are people making?" she asks.

GROW Windham collaborates with existing social service agencies and functions as a place people can come for information. The group operates a community garden and is working to revive the local farmer's market. Some of the organization's most important work is done within the school district where it engages kids in healthy eating programming and teaches them how to cook with produce grown in their school gardens.

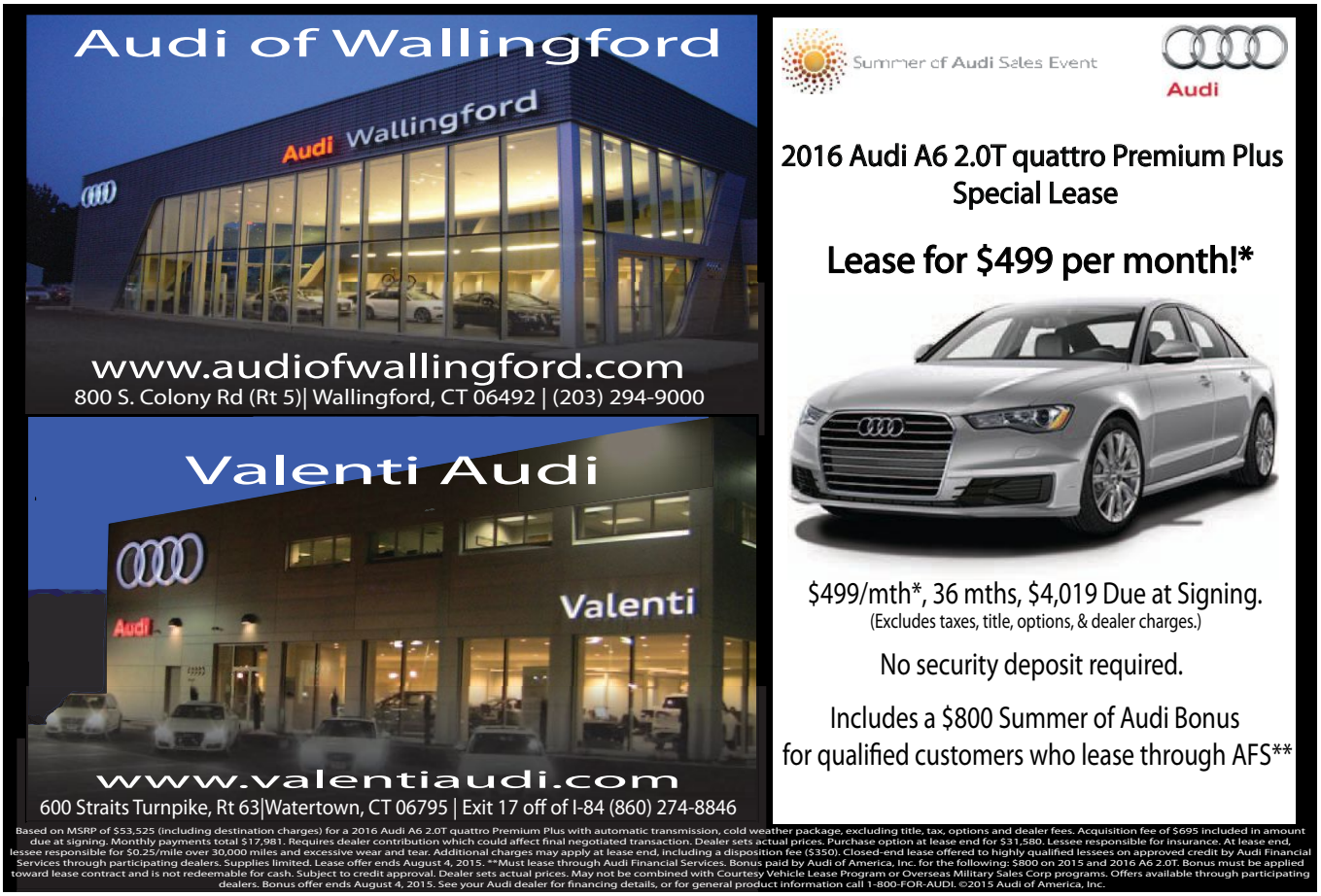
"The school district is a huge part of what we do. They are hugely supportive of us," Callahan says. "It's a little bit more of a challenge to change school food because it's such an ingrained system, but the food service director has really gotten behind this kind of programming. If I can work in classrooms and grow food, we will slowly see changes in what they eat at lunch."

Trying new foods is a big part of the process, and Callahan believes this is best done in a "safe space" without the old notion that you can't get up from the table until you finish your plate. If students don't like the food, that's fine, but they have to be willing to try and they need to be "polite tasters" so as not to influence others.

"I see in the schools when kids' preferences change from when they start the program with me to the end. That moment when kids say, 'I don't like spinach,' but we make a turkey apple spinach wrap and they change their minds. There is a light bulb that goes off," she says. "I still really think if there is junk food in competition with healthy food, they are going to make that decision. They will go for the unhealthy food first. That's true of adults, too. With kids, we need to scaffold them, encourage and reward them for bringing healthy snacks."

Changing the way our children eat is a big task—one that won't happen if we only tackle it at home or at school. Everyone needs to be on board with making changes in the way they eat and what they are feeding their kids. Fortunately, there are many resources available to help. Encouraging kids to opt for the salad over the popcorn chicken is a good start. It's the small shifts that add up to big change.

"We can't overhaul the [school food] program in one year," says Callahan. "But we can make these small changes so they have an impact on us."


Audi of Wallingford
Audi Wallingford
www.audiofwallingford.com
800 S. Colony Rd (Rt 5)| Wallingford, CT 06492 | (203) 294-9000
Valenti Audi
Audi
Valenti
www.valentiaudi.com
600 Straits Turnpike, Rt 63|Watertown, CT 06795 | Exit 17 off of I-84 (860) 274-8846
Summer of Audi Sales Event
Audi
2016 Audi A6 2.0T quattro Premium Plus Special Lease
Lease for $499 per month!*
$499/mth*, 36 mths, $4,019 Due at Signing.
(Excludes taxes, title, options, & dealer charges.)
No security deposit required.
Includes a $800 Summer of Audi Bonus for qualified customers who lease through AFS**
Based on MSRP of $53,525 (including destination charges) for a 2016 Audi A6 2.0T quattro Premium Plus with automatic transmission, cold weather package, excluding title, tax, options and dealer fees. Acquisition fee of $695 included in amount due at signing. Monthly payments total $17,981. Requires dealer contribution which could affect final negotiated transaction. Dealer sets actual prices. Purchase option at lease end for $31,580. Lessee responsible for insurance. At lease end, lessee responsible for $0.25/mile over 30,000 miles and excessive wear and tear. Additional charges may apply at lease end, including a disposition fee ($350). Closed-end lease offered to highly qualified lessees on approved credit by Audi Financial Services through participating dealers. Supplies limited. Lease offer ends August 4, 2015. **Must lease through Audi Financial Services. Bonus paid by Audi of America, Inc. for the following: $800 on 2015 and 2016 A6 2.0T. Bonus must be applied toward lease contract and is not redeemable for cash. Subject to credit approval. Dealer sets actual prices. May not be combined with Courtesy Vehicle Lease Program or Overseas Military Sales Corp programs. Offers available through participating dealers. Bonus offer ends August 4, 2015. See your Audi dealer for financing details, or for general product information call 1-800-FOR-AUDI. ©2015 Audi of America, Inc.

TOP DENTISTS

Drs. Jerry Simon, Evelina Dragneva & Specialists

Dental Care of Stamford, Dental Care Kids & Dental Care Orthodontics

1500 Summer Street, Stamford, CT • tel (203) 324-6171 • fax (203) 348-5392

www.DentalCareStamford.com • www.DentalCareKids.com • www.DentalCareOrthodontics.com

Dr. Jerry Simon
TOP DENTIST 2013

OPEN 7 DAYS A WEEK

Dr. Evelina Dragneva
TOP DENTIST 2013

Dental Care of Stamford started in 1972 with a mission to bring the best of dental care to Fairfield County.

Today Dental Care, modeled after the world renowned Mayo Clinic occupies its own 11,000 square-foot building with three separate offices: Dental Care of Stamford for adults, Dental Care Kids for Pediatrics, and Dental Care Orthodontics for Invisalign® and Orthodontics.

Dental Care offers general dentistry, cosmetic dentistry, IV sedation for fearful patients and Board-Certified dental specialists for root canal, gum treatment, oral surgery, orthodontics, Invisalign® and pediatric dental care all in one convenient location with state-of-the-art equipment and dental technology.

Visit our websites to see why Dental Care has been selected as a top dental office year after year.

Dr. Neichen
Periodontist

Dr. Bonanno
Endodontist
TOP DENTIST 2013

Dr. Sykoff
Pediatric Dentist

Dr. Kapp
Pediatric Dentist
TOP DENTIST 2013

Dr. Levy
Pediatric Dentist
TOP DENTIST 2013

Dr. Zack Roth
General Dentist

Dr. Desieux
Oral Surgeon
TOP DENTIST 2013

Dr. Scher
Orthodontist
TOP DENTIST 2013

Dr. Feibish
Orthodontist
TOP DENTIST 2013

Dr. Zmuidzinas
Orthodontist

Dr. Gloria Chu
Pediatric Dentist

DentalCareKids.com

DentalCareStamford.com

DentalCareOrthodontics.com

For more information, see page 82

A perfect complement to the view at Breakwater: grilled swordfish with lobster risotto, grilled asparagus and pineapple salsa.

The Lure of the Shore

BY ELISE MACLAY

ONE OF THE MOST SCENIC DINING SPOTS IN STONINGTON IS ONCE AGAIN OPEN AND DELIGHTING PATRONS.

Breakwater ★★½ **[Very Good-Superior]**
Stonington

Thoreau had Walden Pond. Connecticut has Long Island Sound, reaching from west of Nantucket, sweeping through Woods Hole and on to New York City, carving coves and harbors, caressing and blessing our coast with the sight and sound of the sea. It's part of our heritage, our history, part of why we live here. Even inland, you don't need to travel far to get to the shore, breathe the salt air, contemplate the mystery of the sea and dine on its bounty.

The most uniquely situated and breathlessly awaited new restaurant on the Connecticut coast is unequivocally Breakwater in Stonington. It is located where Skipper's Dock used to be, on a long dock at the mouth of Stonington harbor with access by boat and saltwater views all around. Skipper's was beloved by locals and mobbed by tourists, an old reliable fixture for more than 20 years.

Breakwater is hot news because it represents the final twist in a soap opera-like saga that has been playing out since 2013 when local restaurateur, Ainslie Turner, who ran Skipper's since 1984, was notified that the lease would not be renewed. Plot summary: Out-of-state restaurateurs swooped in, spent big bucks renovating Skipper's, replacing quirky nautical memorabilia with suave decor and a sophisticated menu. They called it Swooners. It opened last June and closed in October.

Rumors flew. One came true. Jon Kodama, well-known Connecticut restaurateur who owns Go Fish, Ten Clams and The Steak Loft in Olde Mistick Village and Dock and Dine in Old Saybrook, took charge of the situation and with an alacrity borne of expertise and practice, is at last doing right by the one-of-a-kind site.

Kodama did not turn back the clock. But Breakwater honors the spirit of Skipper's Dock's place by recapturing the easy ambiance and camaraderie and serving the simple, fresh ocean-to-table dishes we remember, slightly updated, a few with Asian or Latin-American touches. Nothing posh or pricey.

The menu is as trim and spare as a racing yacht but it rounds all the marks: fish and shellfish by the piece, as appetizers or entrées, or in medleys. Vegetarian options range from grilled, steamed or raw vegetables to orzo plated with mushrooms and coconut-scallion rice. Salads abound. Our favorites are baby arugula with shaved fennel and a more robust combo of roasted beets, frisée and warm goat cheese. Carnivores have fewer choices—three to be exact: shoulder tenderloin steak, boneless short ribs or chicken paillard.

We are here to sample the dinner menu from appetizer to dessert. But the roster of casual fare looks too appealing to pass up. Burgers, pizza, tacos, saugys . . . what the heck is a saugy? If you're not from Rhode Island, it's a good question. Short answer: A saugy is a hot dog and a Rhode Island-contained phenomenon since 1869 when Augustus Saugy, son of a Rhode Island sausage maker, began manufacturing them. Purportedly the one and only original saugy is made with a natural casing, which gives it a distinctive "snap."

This is my first encounter with the real thing. And it is a beauty. Both bun and dog are striped with hash marks from the grill, it tastes like a regular frankfurter only better (my friend, Lee, says it may be

JEFF KAUFMAN

the best hot dog she ever had), and yes, when you bite into it there is a "snap."

Connecticut, too, has its iconic fun food—the classic Connecticut-style lobster roll. Always hot, always consisting of lobster, lobster and nothing but lobster, and always drenched with enough melted butter to saturate the bottom half of freshly opened hot dog bun. Simple and unsullied, unless you do the sullying—which is permitted but in my opinion ill-advised. Admittedly, there are lobster rolls with mayonnaise, celery, tartar sauce or piccalilli, chilled or toasted. I've tried them all and you may disagree, but for me, Connecticut-style hot lobster rolls (including Breakwater's) are the royal way to go.

Another shoreline staple, fish and chips, actually fish and french fries, is exceptionally able to be what you want it to be—a grab-and-go bite or a sit-down dinner entrée. Either way, excellence depends on the freshness and quality of the fish and the proficiency of the cook at the fry station. At Breakwater, our fish and chips platter sails in, heaped high with fillets of expertly fried white fish in a crispy golden crust. Perfect. The chips? Not so. But not to worry, it's early in the game, plenty of time for retooling (the sea will wait) and already Breakwater's hits outnumber its misses.

Grilled swordfish, the "Fresh Fish for Today," is clearly a major league winner. A gorgeous center cut, singed with char from the grill, snowy white and moist within, a symphony in black and white, it tastes as fresh as if it jumped straight from the clean, cold waters of Georges Bank into Breakwater's kitchen an hour or two ago.

Two beef entrées are offered and we try both because each is intriguing and says a lot about how savvy this kitchen is. In fact, Teres Major steak (sometimes called petite tender or bistro filet), is a new leader at trendy upscale restaurants and is beginning to show up at artisanal butchers. Cut from one of the most tender beef muscles, it resembles extra-lean, extra-flavorful filet mignon. Our order arrives grilled whole, sliced into medallions, reconstructed and served with a glisten of mushroom demi-glace. Teres Major may sound like a celestial constellation but this one is devilishly delicious.

Short ribs Asian-style, sliced thin enough to pick up with chopsticks and laved with luscious dark mahogany sauce, may seem like a stretch for a restaurant in a quaint Connecticut village but the dish is too tasty to pass up. And it's worth remembering the glory days when more than one intrepid whaler sailed from Stonington around The Horn to China and back again bringing new tastes, new ideas and new wealth.

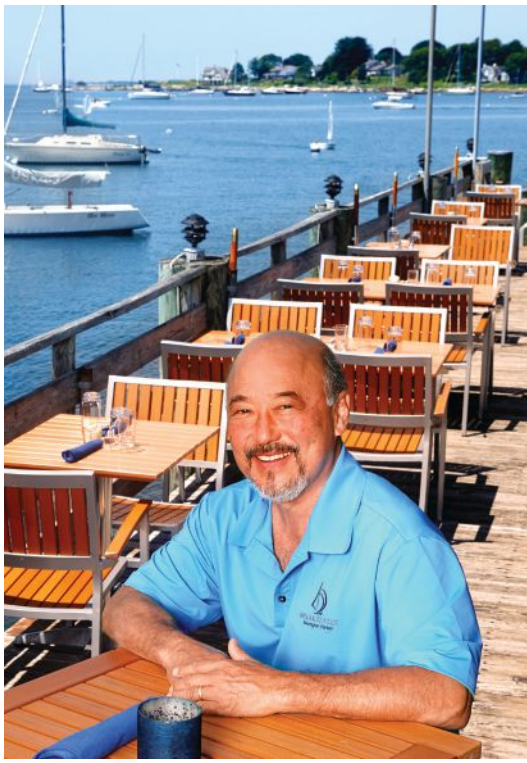
Breakwater desserts stick closer to home—American and old-fashioned in a good way. The blueberries in the bread pudding are the tiny, juicy ones that used to grow wild along the dunes, the whipped cream is real, the apple crumble tastes home-made. But the cheesecake springs a surprise.

I'm no spoiler. My lips are sealed.

Breakwater

66 Water St., Stonington, (860) 415-8123, breakwaterstonington.com

Hours: Sun. through Thurs. 11: 30 a.m. to 9 p.m. Fri. and Sat. 11:30 a.m. to 9:30 p.m. Price range: appetizers, dogs and rolls $3.50 to $17.50, entrées $12 to $18.50, desserts $6. Wheelchair access. Major credit cards.



Counterclockwise from top: oven-roasted mussels with garlic-parsley butter; the man behind Breakwater, Jon Kodoma; roasted beet salad with artisan greens, pickled vegetables and pistachio-encrusted goat cheese and lavasch crouton; the deck at Breakwater at sunset.

JEFF KAUFMAN

More Craft Beer Havens

In July, we premiered our ongoing series on craft beer havens in the state and took a closer look at Eli Cannon's Taproom, J. Timothy's Taverne, Coalhouse Pizza, Ginger Man/Cask Republic (they have the same owner), Westbrook Lobster and @ the Corner. Over the past month, we've continued our research (it's a tough job but somebody's got to do it), and here is our second "six pack" of craft beer bars that also earn brownie points for dining. These are places where equal attention and craft care goes into the food, and where the joint is always hop-ping.

MiKro, Hamden

Squeezed into a small strip mall off the Mt. Carmel Connector, squarely in Quinnipiac University's territory, MiKro Beer Bar is the craft beer hole-in-the-wall everyone seems to know about—and rightly so. With a dimly lit interior and only 53 seats in the whole place, MiKro always seems busy and offers an air of exclusivity. The bar is owned by Mike Farber, a 30-year restaurant industry veteran who has also made his stamp elsewhere in Connecticut with favorites like Prime 16 (see facing page) and Monster Grill. It's safe to say he understands the craft beer-craft food connection, and if MiKro is your haunt, you're in the craft beer know as well.

Walk into the restaurant on a Thursday, Friday or Saturday night and there will no doubt be a wait for dinner, but don't let that drive you away. The staff moves diners as quickly as possible. While you wait, grab a seat at the long wooden bar (if you can find one) or lean against the narrow pub counter in the middle of the room and order a pint from the 18 rotating taps and lengthy bottle list. Local beers have a large presence on the list including Stony Creek Brewery, Two Roads Brewing Co., Beer'd Brewing Co. and New England Brewing Co. Want to try a bunch of beers? Customize your own flight off the tap list, and if you don't know what to try, don't be afraid to ask the bartenders. They are knowledgeable about all the brews offered.

MiKro's kitchen—just a small galley behind the dining room—churns out great bar food with a high-end twist: confit chicken wings in either sriracha buffalo sauce or Kansas City barley wine sauce; Old Bay rangoons with lump crab, cream cheese, old bay, sriracha, lemon crema and scallions; or deviled eggs with smoked sea salt, white truffle oil and green onion. All are sumptuous small-plate options.

Looking for something more filling? The pork belly bahn mi with smoked ham, pork pâté, house pickles, sriracha mayo, sweet chili sauce, cilantro and pickled carrots on a baguette is mouthwatering. The steamed mussels overflow the bowl and are steamed in a delectable Belgian white ale and herb broth. And don't pass up the artisanal cheese and charcuterie boards. We've been known to make a meal out of just these.

(203) 553-7676, mikrobeerbar.com

The Corner Tavern, Naugatuck

For more than a century, the locals of Naugatuck have come to the corner of 178 North Main Street for socializing and libations. It's only in the past few years that they have come here for craft beer.

In 2013, Tara Mirto and Ryan Whipple took over the spot and re-christened it The Corner Tavern, and with that, made the place over from a neighborhood watering hole to a craft beer destination. "It was a no-brainer," says Mirto, who adds that part of the fun has been supporting local breweries while also bringing new business and visitors into Naugatuck. "We've had people come here from Woodbury, Coventry, all over, saying they heard about our beer selection. It's been kind of cool."

The Corner Tavern

The Corner Tavern has 33 taps, eight to twelve of which are dedicated to Connecticut beers from local breweries like Thimble Island, Relic, Two Roads, Black Hog, DuVig, Back East, Overshores, Kent Falls, New England Breweing and Stubborn Beauty. There are also craft beers from regional favorites like Brooklyn and Dogfish, and two taps are dedicated to ciders.

The recently renovated space has high, white painted tin ceilings, red walls, a black-and-white tile floor, dark wood accents and big windows, all of which help embellish the charm of the original structure. An impressive collection of craft beer taps are on the wall, and there are items throughout the bar that invoke Naugatuck's manufacturing history. A big board heralds the beers available, with additional selections written on the mirror behind the bar.

The menu here is pretty straightforward pub fare—wings, nachos and a variety of burgers, including the Rubber City (a nod to Naugatuck's manufacturing past, not the consistency of the burger!) with smoked bacon and melted colby jack cheese. There are also salads, sandwiches and wraps.

Says Mirto: "Good beers, good people and good times."

(203) 729-3640, cornertavernct.com

Engine Room, Mystic

Located across the street from Mystic Seaport just outside Mystic's nautically inclined downtown, the Engine Room has become a port of call for beer lovers both near and far.

Within the beautifully restored Lathrop Marine Engine building, the Engine Room offers 16 rotating tap lines that often feature beers from local favorite Beer'd as well as a host of breweries from Connecticut and way beyond. Recent offerings included products from Brewery Ommegang, Stone Brewing, Shmaltz Brewing, Harpoon Brewery and cider from Downeast Cider. There were also European beers from Birrificio del Ducato and Brouwerij de Brabandere. In addition to the

beer, the restaurant features one of the area's largest bourbon selections, craft cocktails and a full wine list.

Co-owners Dan Meiser, James Wayman and executive chef Chris Vanasse originally collaborated on Engine Room's sister restaurant the Oyster Club (also located in Mystic). The Engine Room's menu consists of locally sourced comfort food with a focus on burgers. In a review of the restaurant, *Connecticut Magazine*'s Elise Maclay encouraged visitors to "sink their teeth into the grass-fed, dry-aged smoked beef burger slathered with Great Hill blue cheese, charred garlic butter and red wine 'ketchup' and say 'Mmm . . . .'"

Other favorites include appetizers like mussel salad with roasted fennel, shallots, lemon, parsley and lemon aioli on toast, and entrées such as New York strip steak and southern fried chicken with creamy cheddar grits. There are also bar bites, appetizers, big salads, sandwiches, entrées, sides and desserts.

Go during happy hour (4-6 p.m. every day in the bar only) and enjoy half-price and select craft beers for just $4 a pint, quite the bargain as craft beer often starts at $7 a pint.

(860) 415-8117, engineroomct.com

Craft260, Fairfield

Opened in February 2014, Craft260 has quickly made a name for itself on the Connecticut beer scene. Located on Post Road between downtown Fairfield and the Black Rock neighborhood of Bridgeport, this sleek eatery and bar has an open feel and industrial chic layout. Owners Tomer Raviv (the resident beer guy), Vincent Mascaro (who also serves as the chef) and Kosta Proskinitopoulos made craft beer a focus of the place from the get-go. With 11 draft lines—10 regular and one nitro—Craft260's beer list ranges from local favorites like Black Hog Brewing to European sours to sought-after brews from the likes of legendary breweries like Lawson's Finest Liquids.

"We try our best to support local breweries, whether it be Connecticut or the Northeast region," Raviv says. "Outside of that we pick some of the best beers from around the country and also European brews. It is very important to us that our selections are fresh, seasonal and represent a wide variety of styles to allow our customers to enjoy the whole spectrum of what beer has to offer. We strive to have a unique beer list, not just the trendiest beers, but a list you won't find anywhere else."

When it comes to the food at Craft260, everything is made in-house including all the sauces, dressings and specialty ketchups. The culinary goal is to take classic American food and put a creative twist on it (beer is used in recipes as much as possible). During a recent visit, one favorite was the craft nachos tortilla chips, which featured slow-cooked, hickory pulled pork, diced red onions, tomatoes, garlic, black beans, roasted jalapeño chimichurri and IPA Vermont cheddar sauce. Another highlight was the locally made burrata, which consisted of delicious fresh cream mozzarella, charred red pepper relish, herb-infused extra virgin, roasted pecan pesto, and was served with grilled garlic bread. Other items include a variety of flatbread and a classic American burger.

Craft260

(203) 955-1745, craft260.com

Max Burger, West Hartford

Nothing goes together quite so well as burgers and beer, and at Max Burger, both these red-blooded American delicacies are served up with equal skill and care. The beer list, which features a rotating lineup of eight draft lines, may sound small at first, but the limited draft lines give the place an advantage when it comes to freshness says Douglas Kelly, managing partner. "Would you rather drink a beer that you know has been tapped less than a week ago, that would be a long duration for us, or one that was tapped a month ago, maybe more?" Kelly asks. "We know how long our beer has been tapped, and that it is being rotated, and kept fresh, and that the lines are clean. Not many places can say that."

Not many places can say they've been serving local craft beer for years either, but Max has earned that distinction. "We started with what was available in Connecticut six years ago, NEBCO [New England Brewing Co.], Thomas Hooker, Old Burnside, etc., but with the explosion of Connecticut beers, it has been easier to feature quality brews from local brewers," he says. "We have one permanent line dedicated to Connecticut beer, our house beer, Thomas Hooker Brewtus Maximus. We have begun to regularly carry Beer'd—we drive to Stonington to get it—Black Hog, Back East and have featured breweries such as Kent Falls and Stubborn Beauty."

Max Burger

The staff is regularly educated in beer terminology and can help guests choose beers that will be to their liking. Equal care is given to the burgers at this bar and restaurant. Only certified humane beef is used with no hormones, antibiotics and pesticides.

Beyond burgers popular delicacies include pulled pork spring rolls (pulled pork, poblano peppers, caramelized onions and pepperjack cheese), and bacon lollipops (a thick cut of bacon, rendered, and seared with brown sugar).

(860) 232-3300, maxrestaurantgroup.com/burger

Prime 16, New Haven and Orange

After its name, Prime 16 simply declares "tap house and burgers," and sometimes keeping it simple is the best recipe for success.

In terms of "tap house," Prime 16 has plenty of taps—20 in downtown New Haven and 30 at its Orange location—and all dedicated to craft brews. As you might suspect, the majority of the lines are local and regional beers, which are rotated continually so the selection is always changing and there can be new choices every day.

The locals are here in abundance—New England, Kent Falls, Black Hog, Stubborn Beauty, Relic and Firefly Hollow, among others—and there are terrific choices from others across the Northeast, including Smuttynose (New Hampshire), Weyerbacher (Pennsylvania), Evil Twin (New York) and Clown Shoes (Massachusetts). There are plenty of ales, stouts, IPAs, porters saisons, ciders and more, plus regular specials ($4 drafts in Orange from 4-10 p.m.) and tap takeovers. Be warned: When Prime 16 debuts batches from certain local favorites, the crowds descend quickly.

And for "burgers," there are the hearty, 8 oz. gourmet ones: More than 15 choices at each location, made from fresh, all-natural Angus beef with no added hormones and antibiotics, and non-GMO vegetarian feeds. Some favorites: The Firehouse (with roasted jalapeño, red pepper and onion topped with pepper jack cheese and a side of sriracho mayo) and the Cowboy (Wisconsin cheddar, smoked Canadian bacon and a fried egg). There are also bison, lamb, veggie and salmon burgers, plus plenty of apps—fried pickles, wings, pretzels, etc.—as well as sandwiches and salads.

Both locations are also inviting hip, trendy-looking places, with handsome bars and dark wood accents, and are busy every night of the week—good testament that the formula of great burgers + great brews = success.

New Haven: (203) 782-1616; Orange: (203) 553-9616; prime16.com

Aranci 67 Offers Great Italian Cuisine

BY ERIK OFGANG

This is what perfection tastes like.

Biting into any of the pasta dishes at Aranci 67 in Georgetown (Redding) is like tasting an edible work of art crafted with as much skill, care and passion as any sculpture or painting. The Mezzi Rigatoni Sorrentina (half-cut rigatoni in a fresh plum tomato sauce with basil and melt-in-your-mouth mozzarella) and Penette con Gamberetti (penne pasta with shrimp in an awe-inspiring vodka sauce) are both dreams come true for pasta lovers. And these best-in-class pasta dishes are only the beginning of the Sorrento-style Italian food wonderland that is Aranci 67.

Opened in April 2014, Aranci 67 has largely floated under the radar on the Connecticut food scene, but adjust your food sensors accordingly and mark this spot as a must-visit.

On Main Street in the small downtown section of Georgetown, the restaurant has a sleek design that channels both old-school classiness and nouveau cool. There is a bar area that features a dark-wood design against a backdrop of subdued green walls. The bar offers an extensive wine list, and guests can enjoy the full dining room menu in a more casual setting. The dining room is a bright, airy space with white drapes, natural light and orange walls adorned with pictures of Sorrento.

Aranci 67 has deep culinary roots in the region. Owners Antonio and Julia Perillo both have strong ties to beloved Italian restaurants. Antonio worked for more than 20 years as the head chef at Le Fontane, a critically acclaimed Italian eatery in Katonah, N.Y. Julia is the daughter of Agnello and Anna Galano and grew up working in her parents' restaurant Bella Italia, which for decades served as a mecca of Italian cuisine in Danbury.

Antonio has brought with him many of the flavors that helped make La Fontane an enduring success, but Aranci 67 is more the spiritual heir to Bella Italia and has become a new home for those who have long lamented Bella's 2006 closing.

The menu is intentionally small in order to ensure ingredients are fresh and top quality. Still, there is no shortage of winning dishes, including multiple excellent veal meals. Pollo Scarpariello (free range chicken breast sautéed with hot cherry peppers and garlic in a white wine brown sauce) is a divine mixture of flavors from the deliciously spicy peppers to the subtle sweetness of the brown sauce and tenderness of the chicken itself.

Appetizer standouts include: fried calamari (lightly crisp and served with spicy marinara sauce); Polpettine di Vitello e Manzo (a veal and beef meatball in tomato sauce and topped with Tuscan cheese); and Melenzane Napoleone (slices of breaded eggplant fried and served with mozzarella and tomato sauce).

The rotating dessert menu often includes such gems as Torta Caprese, a flourless chocolate cake with ground walnuts, and ricotta cheesecake. Though the restaurant is not advertised as farm-to-table, Julia Perillo searches local farmers' markets for ingredients. Food preparation can take time—this is a restaurant that embraces the slow food movement in all its glory—so Aranci 67 is not a great place for those looking to dine and dash. Instead dining here is a multi-course experience, a culinary event that requires an investment of time but pays delicious dividends.

Aranci 67 grew out of two great restaurants, but is starting a new culinary tradition that is all its own and which restaurant-goers will want to experience sooner rather than later.

(203) 587-1300, aranci67.com

The Roast Beef Sandwich Vinny's Deli, Wallingford

ONE DISH

We love a great roast beef sandwich, so when Vinny's Deli in Wallingford, claims to be "The King of Roast Beef," we had to try it. For a statement that bold, the sandwich needs to be something special and it is. Vinny's serves a moist, tender, flavorful delight, due in large part to a single-minded dedication to creating arguably the best roast beef sandwich in the state.

"It's all we do," says Vinny Iannuzzi, who has been running his eponymous deli—which has an enormous roast beef sandwich sculpture across its front—for 33 years. "No dinner, no slushie machines. We just make sandwiches."

The process starts when the beef arrives fresh from a local butcher shop—Iannuzzi estimates he goes through about 350 pounds of meat per week. The beef is seasoned then "held" for 24 hours. "By 'holding' the temperature, that tenderizes it," Iannuzzi explains. "The longer the better, as the heat generates through the beef, making it more and more tender. Every hour of holding is equal to a day of aging." When done, the roast beef is sliced right in front of customers as it's laved onto fresh-baked rolls.

Aside from the classic sandwich—served with lettuce, tomato and mayonnaise, or au jus—the two most popular roast beef options are the Ana V (made with hot roast beef, bacon, lettuce, tomato and orange-infused barbecue sauce) and the Serenity (hot roast beef, bacon and horseradish sauce). In both instances, Iannuzzi says the key is the sauces, which are both made on the premises. Be warned, though: The homemade horseradish sauce has a little kick to it.

Another aspect to the popularity of the roast beef is the rolls it is served on, which are made and baked fresh daily at two local bakeries—Venice Bakery in Hamden and Apicella's Bakery in New Haven.

All ingredients in the roast beef sandwich are made in the U.S.A., as is nearly everything else on the menu, a conscious choice on which Iannuzzi prides himself.

"It's a real, genuine product," he says. "No offense, but I'd put it against roast beef from anyone else we know. We just make it better."

(203) 265-7288, vinnysdeli.com | R.B. |

dining guide

AUGUST 2015

Fairfield 77
Hartford 77
Litchfield 79
Middlesex 80
New Haven 80
New London 82
Tolland 82
Windham 83

Fairfield County

Aranci 67 • ***Italian*** Excellent Sorrento-style Italian food made by the former chef at Le Fontane. Menu includes best-in-class pasta dishes. • 7 Main St., Georgetown (Redding), (203) 587-1300 (aranci67.com). Closed Tues. D L (Sat.-Sun.), $$, WA

Artisan • ***New England*** A farm-to-table restaurant with New England-inspired seasonal cuisine. • 275 Old Post Rd., Southport, (203) 259-2800 (artisansouthport.com). Open daily. L D, $$, WA

Bernard's • ***French*** Consistently serving perfectly executed seasonal entrées in an elegant country setting. *Wine Spectator* Award of Excellence. • 20 West La., Ridgefield, (203) 438-8282 (bernardsridgefield.com). Closed Mon. L (Tues.-Sun.) D SB, $$$, E, WA

Bloodroot • ***Vegetarian*** Offers a seasonal menu that might include Vietnamese summer rolls, the Bloodroot burger and Mexican mole. • 85 Ferris St., Bridgeport, (203) 576-9168 (bloodroot.com). Closed Mon. L (Tues., Thurs.-Sat.) D SB, $$, WA

Bobby Q's Bodacious Barbeque & Grill • ***Barbecue*** The real deal: BBQ nachos, baby-back ribs, the brisket Reuben, burnt ends and lots more. • 42 Main St., Westport, (203) 454-7800 (bobbyqsrestaurant.com). Open daily. EL D, $$, E, WA

Brasitas • ***Latin Fusion*** Exciting contemporary Latin Fusion cuisine with traditional accents. • 430 Main Ave., Norwalk, (203) 354-7329; 954 E. Main St., Stamford, (203) 323-3176 (brasitas.com). Open daily. L, D, $$

The Capital Grille • ***Steak*** Located in the heart of downtown Stamford this classic-style steakhouse serves dry-aged porterhouse as well as creative seafood dishes like citrus-glazed salmon. • 230 Tresser Blvd., Stamford, (203) 967-0000 (thecapitalgrille.com). Open daily. L (Mon.-Fri.) D, $$$, E, WA

Cesco's Trattoria • ***Italian*** Chef Aldo Chiamulera's new restaurant is a sophisticated riff on an Old World country villa. *Wine Spectator* Award of Excellence. • 25 Old Kings Hwy., Darien, (203) 202-9985 (cescostrattoria.com). Open daily. L D, $$$, WA

Coromandel Cuisine of India • ***Indian*** A wide range of tasty Indian fare is served in a small, tastefully done space. • 25-11 Old Kings Hwy. N., Darien, (203) 662-1213; Coromandel Bistro, 86 Washington St., Norwalk, (203) 852-1213; 68 Broad St., Stamford, (203) 964-1010; 17 Pease Ave., Southport, (203) 259-1213 (coromandelcuisine.com). Open daily. L D SB, $$, WA

Dolce Cubano • ***Cuban*** A high-energy good time at this waterfront stunner. On the menu: Havana Buffalo wings, grilled oysters with tequila and sage butter and classic Spanish paella. • 78 Southfield Ave., Westport, (203) 817-0700 (dolcecubano.com). L D SB LS, $$

Elm • ***American*** World-class chef Brian Lewis makes culinary magic here—with the freshest local, top-quality ingredients—in an elegant minimalist environment. And there's a great Sunday brunch. • 73 Elm St., New Canaan, (203) 920-4994 (elmrestaurant.com). Closed Monday. D SB, $$$, WA [★★★ 11/13]

The Fez • ***Moroccan*** In addition to excellent Moroccan fare—with small plates (kabobs, falafel salad) and large (slow-braised lamb shank, swordfish tagine)—The Fez serves up live music nightly. • 227 Summer St., Stamford, (203) 324-3391 (thefez1.com). Open daily. L (Mon.-Fri.) D LS, $$

Fin • ***Japanese*** Specializes in fresh, imaginative sushi and authentic Japanese cuisine. • 1253 Post Rd., Fairfield, (203) 255-6788; 219 Main St., Stamford, (203) 359-6688 (fin-sushi.com). Open daily. L D LS, $$, WA

F.I.S.H. • ***Seafood*** This mod-elegant restaurant features a variety of excellently prepared seafood favorites and a special section of the menu that lets you choose your fish and how it's cooked. • 245 Bedford St., Stamford, (203) 724-9300 (fishstamford.com). Open daily. L (Mon.-Thurs.) D, $$$, WA [★★★ 7/14]

Frank Pepe Pizzeria Napoletana • ***Pizza*** While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 238 Commerce Dr., Fairfield, (203) 333-7373; 59 Federal Rd., Danbury, (203) 790-7373 (pepespizzeria.com). Open daily. L (Mon.-Fri.) D, $, WA

Geronimo Tequila Bar & Southwest Grill • ***Southwestern Fusion*** A mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 2070 Post Rd., Fairfield, (203) 955-1643 (geronimobarandgrill.com). Open daily. L D LS, $$ [★★ 7/13]

Joseph's Steakhouse • ***American*** Known for a New York-style steakhouse experience with gems such as prime dry-aged beef and its porterhouse steak for two. • 360 Fairfield Ave., Bridgeport, (203) 337-9944 (josephssteakhouse.com). Open daily. L (Mon.-Fri.) D, $$$, WA

l'escale • ***French*** A stylish, romantic dining room overlooking Greenwich Harbor that serves superb Provençal cuisine. • 500 Steamboat Rd., Delamar Greenwich Harbor, Greenwich, (203) 661-4600 (lescalerestaurant.com). B L D LS SB, $$, WA

Liana's Trattoria • ***Italian*** Liana DiMeglio's homemade pastas and sauces pack 'em in at this cozy little gem. • 591 Tunxis Hill Rd., Fairfield, (203) 368-1235. Closed Sun.-Mon. D, $$

Little Pub • ***American*** Great food, generous drinks, seasonal menus and a lively pub atmosphere where you'll feel right at home. • 59 Ethan Allen Hwy., Ridgefield, (203) 544-9222 (littlepub.com). Open daily. L D, $$

Market Place • ***American*** Featuring American farm-to-table cuisine with a locally sourced menu. • 33 Mill Plain Rd., Danbury, (203) 616-5836 (marketplacedanbury.com). Open daily. L D LS, $$, WA

Match • ***American*** The farm-fresh, seasonal menu at this upscale SONO restaurant changes daily but always offers something intriguing. • 98 Washington St., South Norwalk, (203) 852-1088 (matchsono.com). Open daily. D L (Wed.-Fri.), $$$

Ondine • ***French*** Serves French dishes such as duck foie gras with rhubarb-and-fig compote. One of the classic Fairfield County restaurants. • 69 Pembroke Rd. (Rte. 37), Danbury, (203) 746-4900 (ondinerestaurant.com). Closed Mon.-Tues. D SB, $$$, WA

Pink Sumo • ***Sushi*** Sushi and other Japanese specialties are served in a sleek atmosphere along with sake and cocktails. • 4 Church La., Westport, (203) 557-8080 (pinksumoct.com). Open daily L D LS (Fri.-Sat.), $, WA

Pho Vietnam • ***Vietnamese*** A family-owned restaurant serving authentic Vietnamese food with fresh produce, choice meats and seafood. • 56 Padanaram Rd., Danbury, (203) 743-6049 (rivebistro.com). Open daily. L D, $$, WA

Redding Roadhouse • ***American*** This cozy, classic-style pub features seafood and meat classics as well as an assortment of artisan cheeses, a good beer list and specialty cocktails. • 406 Redding Rd., Redding, (203) 938-3388 (thereddingroadhouse.com). Open daily. L D SB, $$, E, WA

The Spinning Wheel • ***American*** Enjoy a quintessentially New England-inspired menu with seasonal specials, local and homegrown accents, and modern adaptations of traditional comfort dishes. This classic style pub has 12 types of beer on tap, a rum-inspired drink menu and is housed within a newly renovated historic saltbox style house that dates back to 1742. • 109 Black Rock Tpke., Redding, (203) 664-4000 (swredding.com). Open daily. L (Thur.-Sat.) D $$$, WA

Tazza Osteria • ***Creative Italian*** Try favorites like grilled octopus, hanger steak, meatballs and brick oven pizza in a modern and trendy atmosphere. • 116 Post Rd., Fairfield, (203) 292-8810 (tazzaosteriabar.com). Open daily. L (Mon.-Sat.) D, $$, W

Uberti's Fish Market • ***Seafood*** Specialties include fish-and-chips, stuffed scallops, lobster rolls and deep-fried lobster at this seafood market. • 88 Ferry Blvd., Stratford (203) 377-1429. Open daily. L D, $$, WA

Sal e Pepe Contemporary Italian Bistro • ***Northern Italian*** Offers superb cuisine with a contemporary flair, from fresh pastas and sauces to unique specials and classics with a modern twist. • 97 South Main St., Newtown, (203) 426-0805 (salepeperestaurant.com). Open daily. L D, $$, WA

Vespa • ***Italian*** Upscale dining with a frequently changing menu that utilizies local ingredients. • 2 Post Rd., Westport (203) 557-9057, vespawestport.com. D (Mon.-Sun.), $$, WA

Walrus + Carpenter • ***Barbecue*** Sink your teeth into the barbecue offered at this sleek eatery in the Black Rock section of Bridgeport. The customer favorite is the Notorious P.I.G. • 2895 Fairfield Ave., Bridgeport (203) 333-2733 (walruscarpenterct.com). Open daily. L D, $$ WA

Hartford County

Abigail's Grille and Wine Bar • ***American*** A completely remodeled 1780 tavern blending classic charm with upscale casual dining. Try Gorgonzola-topped pork chops or cedar-plank Atlantic salmon. • 4 Hartford Rd., Simsbury, (860) 264-1580 (abigailsgrill.com). Open daily. L (Mon.-Fri.) D SB, $$, WA

Artisanal Burger Company • ***American*** Gourmet burgers are the specialty here but they are only the beginning of the culinary delights diners will experience at the restaurant. • 1436 Pleasant Valley Rd., Manchester, (860) 644-0046 (artisanalburgercompany.com). Open daily. L D LS, $$, WA [★★½ 5/15]

À Vert Brasserie • ***French*** Owned by two chefs who in recent years have been making the Connecticut foodie world sit up and take notice, this restaurant offers beautiful food combined with imagination, perfectionism and zest. • 35 LaSalle Rd., West Hartford, (860) 904-6240 (avertbrasserie.com). Open daily. L D, LS, $$, WA

Barcelona Restaurant & Wine Bar • ***Spanish Mediterranean*** Barcelona's newest location in a popular line of hip, European-style restaurants. • 971 Farmington Ave., West Hartford, (860) 218-2100 (barcelonawinebar.com). Open daily. L (Mon.-Sat.) D LS, $$, E, WA

Bear's Smokehouse Barbecue • ***Barbecue*** Let your inner bear roar at these finger-lickin' good Kansas City-style barbecue joints owned by competitive eating champion Jamie McDonald. • 89 Arch St., Hartford, (860) 724-3100; 2152 Poquonock Ave.,Windsor, (860) 999-3834 (bearsbbq.com). Open daily. L D, $$, WA

Carbone's Kitchen • ***Italian*** Established in 2012, this casual-dining little brother to Carbone's Ristorante uses fresh and local ingredients to prepare old-school Italian classics. • 6 Wintonbury Mall, Bloomfield, (860) 904-2111 (carboneskitchen.com). Open daily. L (Mon.-Fri.) D, $$, WA

Carbone's Ristorante • ***Italian*** This old-school, fine-dining Italian restaurant was established in 1938 and has survived as long as it has for a reason. Dishes include lobster risotto, grilled veal chop and eggplant, chicken and veal parmigiano. • 588 Franklin Ave., Hartford, (860) 296-9646 (carbonesct.com). Closed Sun. L (Mon.-Fri.) D, $$$, WA

Cavey's Restaurant • ***Italian/French*** Choose from handmade pasta and house-cured salumi in the Northern Italian restaurant upstairs, or soufflé and buttery foie gras in the luxurious French restaurant downstairs. Enjoy a cocktail with some light jazz in a casual lounge while you decide.• 45 E. Center St., Manchester, (860) 463-2751 (caveysrestaurant.com). Closed Mon. D, $$, E, WA

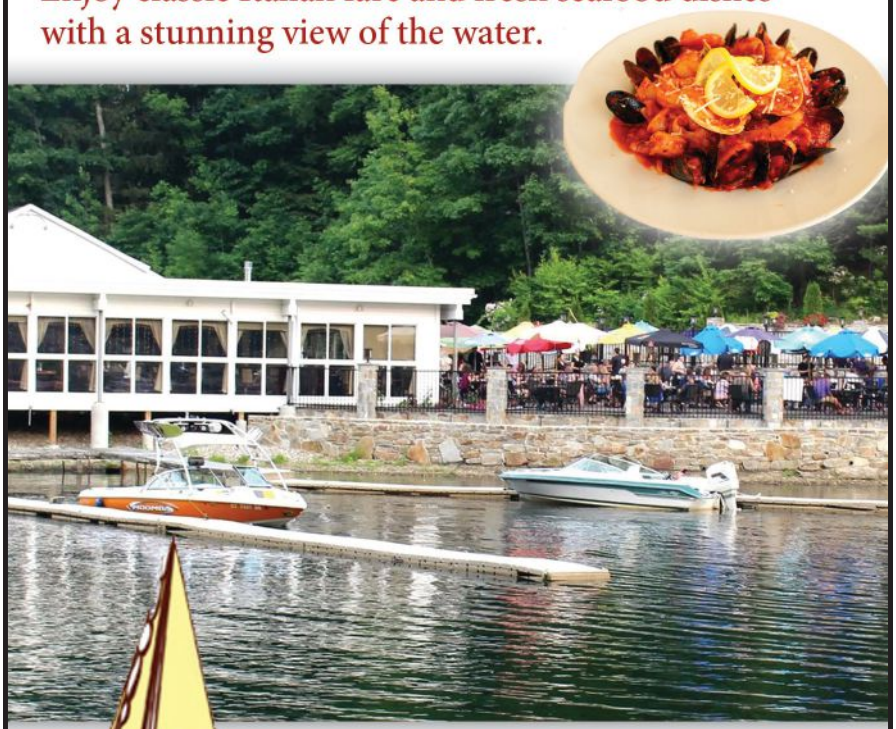
Confetti • ***Italian*** Offers Italian-American cuisine with a celebratory vibe. Also caters and operates the Big Red Truck food truck. • 393 Farmington Ave., Plainville, (860) 793-8809 (idineconfetti.com). Closed Mon. & Tues. D (Wed.-Sun.) SB, $$

Doogie's Hot Dogs • ***American*** Featured on Travel Channel's "Man vs. Food," this road-food way station is home to the two-foot hot dog. Other specialties include burgers, fries, seafood and Philly cheese steaks. • 225 Berlin Tpke., Broad St., Newington, (860) 666-DOGS (doogieshotdogs.com). Open daily. L D, $, WA

CONNECTICUT Magazine's restaurant listings are presented as a service to our readers. Information on specialties, prices, etc., was supplied by the restaurateurs. Space limitations in this guide prevent us from describing every restaurant in the state; omission is not intended to reflect upon the quality of an establishment. The listings include restaurants we know and love, and those recommended to us by our readers. Advertisers are guaranteed inclusion in the month they advertise. Restaurants reviewed after January 2013 are listed with our critic's ratings (poor; fair; ★ good; ★★ very good; ★★★ superior; ★★★★ extraordinary). Average entrée prices are based on dinner entrées: $—inexpensive (under $15); $$—moderate ($15-$25); $$$—expensive (over $25). This guide is updated regularly, but it is suggested that prices and hours be verified by phone. B (Breakfast); L (Lunch); D (Dinner); LS (Late Supper); SB (Sunday Brunch); E (Live Entertainment); WA (Wheelchair Access)

© JOHN FOXX/STOCKBYTE–THINKSTOCK

Enjoy classic Italian fare and fresh seafood dishes
with a stunning view of the water.



Chosen by CONNECTICUT Magazine as one of the
'Top 25 Most Gorgeous & Delicious Outdoor
Dining Spots in Connecticut' —July 2015

Lake View 50 Lake St Coventry 860.498.0500 coventrylakeview.com

Nuevo Latino in Middlebury

Ceviche
Latin Kitchen

Lunch • Dinner • Tapas

Experts' Picks
best restaurants
Connecticut Magazine 2015
Best New Restaurant

Gift Certificates

• Happy Hour: 3-6pm Tuesday-Friday
• Sunday Brunch: 11am-3pm

Lunch: Wed.-Sun. • Dinner: Tues.-Sun.

530 Middlebury Rd., Middlebury, CT
203-527-7634 • cevichelatinkitchen.com

Find the help
you need to plan
your wedding at
the leading resource
for brides in
Connecticut.

theconnecticutbride.com

dining guide | hartford county

Firebox • ***New American*** Firebox boasts a seasonal, Connecticut farm-inspired menu including seared Stonington scallops and Connecticut farm-raised lamb. • 539 Broad St., Hartford, (860) 246-1222 (fireboxrestaurant.com). Open daily. L (Mon.-Fri.) D, $$, E, WA

First & Last Tavern • ***Italian*** Offers authentic Italian cuisine such as salads, pastas and brick oven pizzas in a casual atmosphere. • 939 Maple Ave., Hartford, (860) 956-6000; (bakery cafe) 920 Maple Ave., Hartford, (860) 956-7000; 26 West Main St., Avon, (860) 626-2000; 220 Main St., Middletown, (860) 347-2220; 32 Cooke St., Plainville, (860) 747-9100 (firstandlasttavern.com). Open daily. L D, $$, WA

Fleming's Prime Steakhouse & Wine Bar • ***American*** A premier destination for prime meats and chops, fresh fish and poultry, with a sophisticated wine list. • Blue Back Square, 44 South Main St., West Hartford, (860) 676-WINE (flemingssteakhouse.com). Open daily. D, $$, WA

Frank Pepe Pizzeria Napoletana • ***Pizza*** While world-famous white clam pizza is the standout, any pie here is worth the wait. • 1148 New Britain Ave., West Hartford, (860) 236-7373; 221 Buckland Hills Dr., Manchester, (860) 644-7333 (pepespizzeria.com). Open daily. L (Mon.-Fri.) D, $, WA

Grants Restaurant, Bar & Patisserie • ***Continental*** A West Hartford institution serving inventive dishes like braised lamb shank, pistachio-crusted Idaho trout and chocolate-caramel opera cake. • 977 Farmington Ave., West Hartford, (860) 236-1930 (billygrant.com). Open daily. L (Mon.-Sat.) D, $$, WA

Joey Garlic's • ***Italian*** Enjoy New Haven-style brick-oven pizzas, fresh-ground burgers, grinders and pasta in a family-friendly atmosphere. • 150 Kitts La., Newington, (860) 372-4620; 372 Scott Swamp Rd., Farmington, (860) 678-7231; 353 Park Rd., West Hartford, (860) 523-5639 (joeygarlics.com). Open daily. L D, $, WA

Max Downtown • ***American*** A Hartford mainstay featuring global cuisine, chophouse classics, a fine wine list and lighter fare in the tavern. *Wine Spectator* Award of Excellence. • 185 Asylum St., Hartford, (860) 522-2530 (maxrestaurantgroup.com). Open daily. L (Mon.-Fri.) D LS, $$$, WA

Max Fish • ***Seafood*** A lively, upscale fish house serving a daily selection of fresh seafood and great steaks. The Shark Bar is more casual, offering lighter fare and Max classics in an up-tempo environment. • 110 Glastonbury Blvd., Glastonbury, (860) 652-3474 (maxfishct.com). Open daily. L (Mon.-Sat.) D LS, $$

The Mill on the River • ***American*** Pan-seared Chilean sea bass and pork chop Milanese are tops at this former gristmill. *Wine Spectator* Award of Excellence. • 989 Ellington Rd., South Windsor, (860) 289-7929 (themillontheriver.com). Open daily. L (Mon.-Fri.) D SB, $$, WA

Millwright's Restaurant • ***American*** Tyler Anderson dazzled us for years at The Copper Beech Inn. Now, he's wowing all comers at this sparkling restaurant. • 77 West St., Simsbury, (860) 651-5500 (millwrightsrestaurant.com). Closed Mon.-Tues. D, $$$, WA

ON20 • ***Contemporary French/American*** Savor panoramic city views and sophisticated atmosphere along with sumptuous seasonal cuisine. • 400 Columbus Blvd., 20th Floor, Hartford, (860) 722-5161 (ontwenty.com). L (Mon.-Fri.) D (Wed.-Sat.), $$ (L) $$$ (D), E

Pit Stop BBQ • ***Barbecue*** Carolina pulled pork and steamed cheeseburgers, plus a feast of homemade sides including cole slaw, soups and chili. • 985 W. Main St., New Britain, (860) 229-4111. Closed Sun. L, $

Republic • ***Gastropub*** Handcrafted beers, boutique wines and small-batch bourbons are offered at this high-end pub. • 39 Jerome Ave., Bloomfield, (860) 216-5852 (republicct.com). Open daily. L (Mon.-Fri.) D LS, $$ [★★½ 10/14]

Ruth's Chris Steakhouse • ***Steak*** Billed as "the steak that speaks for itself" the steaks served here are USDA Prime. In addition, the restaurant utilizes locally sourced produce in its recipes. • 2513 Berlin Tpke., Newington, (860) 666-2202 (ruthschris.com). L (Sun.) D $$$, WA

Shady Glen • ***American*** A dairy bar/restaurant known for cheeseburgers and ice cream. • 840 Middle Tpke. E., Manchester, (860) 649-4245; 360 Middle Tpke. W., Manchester, (860) 643-0511. Open daily. L D, $, WA

Sorella • ***Italian*** A new kid on the block from restaurant pros Billy Carbone and Dan Keller, who own Dish across the street. • 901 Main St., Hartford, (860) 244-9084 (sorellahartford.com). L (Mon.-Sat.) D $$, WA

Tisane Euro-Asian Café • ***Asian Fusion*** The diverse menu is complemented by over 40 specialty martinis and other specialty drinks. Try the Far East nachos, wings trio, Tisane Cobb salad, noodle bowls and espresso steak. • 537 Farmington Ave., Hartford, (860) 523-5417 (mytisane.com). Open daily. L D SB, $, E, WA

Treva Restaurant • ***Italian*** Offers chef-inspired Northern Italian cuisine—bronzino, tagliardi and porchetta—in a warm, rustic and casual environment. Treva's mixologists create a wide range of cocktails. • 980 Farmington Ave., West Hartford, (860) 232-0407 (trevact.com). Open daily. L (Mon.-Fri.) D SB LS, $$

Trumbull Kitchen • ***American*** "Global comfort food" is served at communal tables in the bar or individual tables in the dining rooms at this sophisticated city brasserie. *Wine Spectator* Award of Excellence. • 150 Trumbull St., Hartford, (860) 493-7417 (maxrestaurantgroup.com). Open daily. L (Mon.-Sat.) D LS, $$, E

Vinted Wine Bar & Kitchen • ***Tapas*** This exciting restaurant in Blue Back Square serves 68 wines by the glass along with an ambitious small-plates menu. 63 Memorial Rd., West Hartford, (860) 206-4648 (vintedwinebar.com). Open daily. D, $$, WA

The Willows • ***American*** A suave boîte in the DoubleTree Hotel helmed by star chef Leo Bushey III. On the menu: vanilla-poached lobster, pot-au-feu and pork tenderloin roulade with sun-dried fruit. • 42 Century Dr., Bristol, (860) 589-7766 (doubletree-bristol.com). Open daily 5 to 10. D, $$$, WA [★★★½ 8/13]

Wood-n-Tap • ***American*** Hip, fun eateries known for great burgers and great beer. You'll also love the pizza, pasta, salads, nachos and sandwiches. • 99 Sisson Ave., Hartford, (860) 232-TAPS; 1274 Farmington Ave., Farmington, (860) 773-OPEN; 420 Queen St., Southington, (860) 329-0032; 12 Town Line Rd., Rocky Hill, (860) 571-9444 (woodntap.com). Open daily. L D LS, $, WA

Litchfield County

Arethusa al Tavolo • ***New American*** This high-flying country restaurant serves sparkling dishes like butter-poached halibut with crab paella, rack of lamb and a glorious reinvention of Peking duck. • 828 Bantam Rd., Bantam, (860) 567-0043 (arethusaaltavolo.com). Open Thurs.-Sun. D, $$$, WA

Backstage • ***American*** Enjoy casual American fare prepared from scratch—salads and soups, creative small plates, hand-formed Angus patties on house-baked rolls—and 40 beers on tap. • 84 Main St., Torrington, (860) 489-8900 (backstageeatdrinklive.com). Open daily. L D LS SB, $$, E, WA

Carmen Anthony Fishhouse • ***Seafood & Steak*** Carmen Anthony offers an impressive variety of fresh-only seafood, big Maine lobsters (up to five pounds) and thick Black Angus steaks. *Wine Spectator* Award of Excellence. • 757 Main St., Woodbury, (203) 266-0011. Open daily. L D LS, $$$, E, WA

Community Table • ***American*** Chef Joel Viehland offers a seasonal menu using only ingredients grown, raised or foraged within a 200-mile radius. • 223 Litchfield Tpke., Washington, (860) 868-9354 (communitytablect.com). Closed Tues.-Wed. D SB, $$, WA

The Cookhouse • ***Barbecue*** "Slo-smoked" baby-back ribs and pulled pork are the name of the game here. • 31 Danbury Rd. (Rte. 7), New Milford, (860) 355-4111 (thecookhouse.com). Open daily. L D, $$, WA

Gifford's • ***American*** Enjoy a melting pot of a menu that features the flavors of Thailand, Tuscany, Vietnam, Morroco and France, as well as local farm fare. In winter guests can enjoy a fireplace, in summer they can eat outside on an awning-shaded dining terrace. • 9 Maple St., Kent, (860) 592-0262 (jpgifford.com). Closed Mon.-Tues. D, $$$, WA [★★½ 6/14]

The Hopkins Inn • ***Austrian/American*** A country inn with an Old World atmosphere known for wiener schnitzel, backhendl and fresh-caught trout. • 22 Hopkins Rd., Warren, (860) 868-7295. Closed Mon. B L (Tues.-Sat.) D, $$$

John's Café • ***New American*** A popular spot for New American cuisine with a Mediterranean accent: grilled pizzas, ricotta gnocchi and salmon with morels. *Wine Spectator* Award of Excellence. • 693 Main St. S., Woodbury, (203) 263-0188 (johnscafe.com). Open daily. L (Mon.-Sat.) D, $$, WA

Longwood Country Inn • ***New England*** Enjoy fine dining in a historic 1789 inn where the options include lobster bisque, seafood crêpes and roast quail. • 1204 Main St. S., Woodbury, (203) 266-0800 (longwoodcountryinn.com). Closed Mon. L (Tues.-Sat.) D (Tues.-Sat.) SB, $$, WA

The Painted Pony • ***American*** This cozy spot offers a variety of dishes, from prime rib and steak to pasta and pizza. Live entertainment every Thurs. • 74 Main St. (Rte. 61), Bethlehem, (203) 266-5771 (paintedponyrestaurant.com). Open daily. L (Mon.-Sat.) D, $, E, WA

Pastorale • ***French/Mediterranean*** Housed in a 1760s Colonial, Pastorale uses local and organic ingredients in dishes like pan-seared Idaho rainbow trout, chicken paillard and moules marinière. • 223 Main St., Lakeville, (860) 435-1011 (pastoralebistro.com). Closed Mon. D SB, $$, WA

Patty's Restaurant • ***American*** A delightful breakfast experience with generous portions—the menu is influenced by season and might include treats such as raisin French toast or apple, walnut and cranberry pancakes. • 499 Bantam Rd., Litchfield, (860) 567-3335. Open daily. B L $

The Restaurant at Winvian • ***French*** Chef Chris Eddy constantly changes the menu, using simple and seasonal ingredients accented with unusual and fresh findings. • 155 Alain White Rd., Morris, (860) 567-9600 (winvian.com). Closed Mon.-Tues. L D, $$$, WA

River Bistro • ***Mediterranean*** Located on the banks of the Housatonic River, River Bistro offers fine Mediterranean cuisine with a Spanish accent. The house specialties include a variety of tapas and traditional paella. • 300 Kent Rd., New Milford, (860) 355-4466 (riverbistro.net). Closed Mon.-Tues. L (Sun.) D, $$, WA

Salsa Restaurant • ***Southwestern*** Salsa highlights Southwestern cuisine with house-made mild-to-hot New Mexican-style dishes, fajitas, quesadillas and house-made salsas. • 31 Bank St., New Milford, (860) 350-0701. Closed Mon. L D, $, WA

Scarpelli's • ***American*** Since 1936, Scarpelli's has been offering classic comfort foods like chicken parmigiana, meat loaf, fried chicken and fish-and-chips. • 865 Migeon Ave., Torrington, (860) 482-7977 (scarpellisclassiccatering.com). Open daily. B L D, $$, WA

Enjoy
everything a night out should be
with perfectly prepared cuisine,
attentive service and rooftop dining!
CTNOW ★BEST★ OF NEW HAVEN READERS' POLL 2015
EXPERTS' PICKS best restaurants CONNECTICUT MAGAZINE 2015
CONNECTICUT MAGAZINE
READERS' CHOICE RESTAURANT 2015
BEST ITALIAN BEST SERVICE
MOST ROMANTIC BEST OUTDOOR DINING
Goodfellas
RESTAURANT
702 State St • New Haven • 203.785.8722 • GoodfellasRestaurant.com

LIVE MUSIC Fri. & Sat. Nights!
REDDING ROADHOUSE
The best steaks, chops and seafood around!
Private Event Room • Outdoor Patio • Sunday Brunch
Tap Room Menu • Happy Hour Drink Specials & Free Buffet
BEST OF CONNECTICUT "BEST BAR 2013 (regional)" -CONNECTICUT MAGAZINE
406 Redding Rd.
Redding, CT
203-938-3388
thereddingroadhouse.com

Venetian Restaurant • ***Classic Italian*** Enjoy seasonal specials and traditional fare like house-made pasta. • 52 East Main St., Torrington, (860) 489-8592 (thevenetianrestaurant.com). Closed Tues. L (Mon.-Sat.) D, $$, WA

The Village Restaurant • ***American*** A historic pub and restaurant in the heart of Litchfield. Veal Bartalucci, Parmesan-and-horseradish-encrusted salmon and cheeseburgers top the menu. • 25 West St., Litchfield, (860) 567-8307 (village-litchfield.com). Open daily. L D, $$

West Street Grill • ***New American*** An innovative restaurant with a star-studded clientele and menu to match. Serves wild fish, handmade pasta and organic salads. *Wine Spectator* Award of Excellence. • 43 West St., Litchfield, (860) 567-3885 (west-streetgrill.com). Open daily. L D SB, $$$, R (on weekends), WA

The White Hart • ***Farm to Table*** High-quality cuisine made from an A-list of farm sources served in a rustic, recently remodeled historic country inn dating to 1805. • 15 Under Mountain Rd., Salisbury, (860) 435-0030 (whitehartinn.com). Open daily. L D SB, $$, WA [★★★ 6/15]

The White Horse Country Pub • ***American*** Serves American pub favorites like burgers, ribs and seafood bake, along with some English ones—shepherd's pie, fish-and-chips and bangers and mash. • 258 New Milford Tpke., Washington, (860) 868-1496 (whitehorse-countrypub.com). Open daily. L D SB, $$, WA

Yokohama • ***Japanese*** Delicious tempura and teriyaki dishes, plus sushi and sashimi. • 131 Danbury Rd., New Milford, (860) 355-0556 (yokohama-sushi.net). Open daily. L D, $$, WA

Middlesex County

Alforno • ***Northern Italian*** Known for a great selection of house-made ravioli, including veal osso buco with fresh ricotta ravioli, butternut squash ravioli and wild boar ravioli, as well as tagliatelle Bolognese and arugula chicken. • 1654 Boston Post Rd., Old Saybrook, (860) 399-4166 (alforno.net). Open daily. L D, $$, WA

Angelico's Lake House • ***American*** Overlooking Lake Pocotopaug, Angelico's features great outside dining and a tiki hut. Try the spinach risotto, roast prime rib, stuffed salmon or lobster ravioli with sautéed shrimp. • 81 North Main St., East Hampton, (860) 267-1276 (angelicoslakehouse.com). Open daily. L D LS SB, $$, E, WA

Baci Grill • ***Modern Italian*** Try house specialties like grilled mango-and-chipotle pork loin, chicken sausage and broccoli rabe pasta, Guinness skirt steak and scallop risotto at this casual, trendy restaurant. • 134 Berlin Rd., Cromwell, (860) 613-2224 (bacigrill.com). Open daily. L D LS, $$, E, WA

Boom on the Water • ***American*** Dine on the outdoor deck overlooking a sea of yachts. Favorites include fried oysters, filet mignon Oscar with crabmeat-sherry cream and BBQ duck quesadillas. • Brewer's Pilots Point Marina, 63 Pilots Point Dr., Westbrook, (860) 399-2322 (boomrestaurant.net). Open daily. L D SB, $$, WA

Chicago Sam's • ***American*** This beloved sports bar takes sports fanaticism to new heights showing every NFL, MLB, NBA and NHL game. When it comes to the menu this place is also a winner. • 51 Shunpike Rd., Cromwell, (860) 635-1860 (chicagosams.com). Open daily. L D LS, $, E, WA

Cuckoo's Nest • ***Mexican*** Housed in a 200-year-old barn, Cuckoo's Nest has been serving nachos, fajitas, Cajun shrimp and scallops for over 35 years. • 1712 Post Rd., Old Saybrook, (860) 399-9060 (cuckoosnest.biz). Open daily. L D SB, $$, E, WA

El Pulpo Restaurant & Tapas Bar • ***Mediterranean*** Dishes like paella de mariscos and Vieiras a la Plancha (grilled diver sea scallops and lobster over fray fontina cheese risotto and champagne sauce) are among the highlights of this upscale and romantic restaurant. • 386 Main St., Middletown. Open daily L D, $$

Eli Cannon's • ***Beer Bar*** The Connecticut innovator of the modern beer bar, Eli Cannon's has been pouring sought-after brews since long before it was a trendy business model. Food favorites here include the famous nachos, chicken wings (there's 20 custom sauces), the classic cannon burger and the blackened chicken wrap.• 695 Main St., Middletown, (860) 347-3547 (elicannons.com). Closed Mon. L (Fri.-Sun.) D LS, $$, WA

Fresh Salt • ***American*** Drink in the glorious water view while savoring cioppino, merlot-braised short ribs, osso buco and Block Island swordfish. • 2 Bridge St., Old Saybrook, (860) 395-2000 (saybrook.com). Open daily. B L (Mon.-Sat.) D SB, $$$, E, WA

Gabrielle's • ***American Bistro*** Gabrielle's is an upscale bistro serving grilled tenderloin of beef, pan-seared scallops and pan-roasted fillet of salmon. • 78 Main St., Centerbook, (860) 767-2440 (gabrielles.net). Open daily. L (Mon.-Fri.) D SB, $$, WA

Gelston House • ***American*** This historic restaurant offers unparalleled views of the Goodspeed Opera House and the Connecticut River. Entrées include pan-seared duck breast, filet mignon and lamb ragout. • 8 Main St., East Haddam, (860) 873-1411 (gelstonhouse.com). Closed Mon. L (Tues.-Sun.) D LS SB, $$, E, WA

The Griswold Inn • ***American*** The beloved 1776 "Gris" features classic New England cuisine in the dining room, small plates and 50 wines by the glass in the wine bar, and a lively taproom. *Wine Spectator* Award of Excellence. • 36 Main St., Essex, (860) 767-1776 (griswoldinn.com). Open daily. L D SB, $$$, E, WA

La Boca Mexican Restaurant and Cantina • ***Mexican*** Sizzling fajitas, carne asada, grilled mahi mahi and the La Boca classic burrito are just some of the Mexican cuisine favorites offered at this fun restaurant with a patio and live music. • 337 Main St., Middletown, (860) 347-4777 (labocamexican.com). Open daily. L D LS, $$, E, WA

La Foresta • ***Italian*** A wine bar and ristorante with fine Italian wines, serving garden-fresh, ingredient-driven Northern Italian cuisine. • 163 Route 81, Killingworth, (860) 663-1155 (laforestarestaurant.com). Open daily. D, $$$, WA [★★★ 3/15]

Lenny & Joe's Fish Tale • ***Seafood*** This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 86 Boston Post Rd., Westbrook, (860) 669-0767 (ljfishtale.com). Open daily. L D, $$, WA

Liv's Oyster Bar • ***Seafood*** Liv's is a stylish, small neighborhood restaurant housed in an old movie theater. Stonington sea scallops, wild salmon, organic chicken and heirloom vegetables top the menu. • 166 Main St., Old Saybrook, (860) 395-5577 (livsoysterbar.com). Closed Tues. D, $$, WA

Luigi's • ***Italian*** Enjoy classic Italian favorites like seafood cannelloni, chicken leonardo, veal parmigiana, whole clams, prime rib and other dishes in a warm, home-like atmosphere. • 1295 Boston Post Road, Old Saybrook, (860) 388-9190 (luigis-restaurant.com). Closed Monday (except in July and August). D, $$, WA

NoRA Cupcakes • ***Bakery*** The offbeat and creative cupcakes here are beloved far and wide. The cupcake shop also features coffee, croissants, soup, bread and more. If you can't make it to Middletown keep an eye out for Lil' NoRA Cupcake Truck. • 700 Main St., Middletown, (860) 788-3150 (noracupcake.com). Closed Mon. $

Restaurant L&E/French 75 Bar • ***French*** Upstairs you'll find formal, elegant dining and a seasonal menu while downstairs offers a more traditional bistro experience. • 59 Main St., Chester, (860) 526-5301 (restaurantlande.com). Open daily. D LS, $$$, WA

River Tavern • ***American*** Farm-to-table pioneer Jonathan Rapp wears top toque at this town fixture. On the menu: made-to-order guacamole, grilled Stonington swordfish, New York strip. • 23 Main St., Chester, (860) 526-9417 (rivertavernrestaruant.com). Open daily. L D $$

The Tea Kettle Restaurant • ***Breakfast*** This breakfast and brunch destination specializes in gluten-free and paleo dishes from pancakes and muffins to waffles and eggs benedict. The jumbo-sized pancakes are popular. • 1395 Boston Post Rd., Old Saybrook, (860) 577-5039 (theteakettlerestaurant.com). Open daily. B L $, E, WA

Westbrook Lobster • ***Seafood*** Offers the freshest fish possible in dishes ranging from baked stuffed lobster to teriyaki-grilled salmon to seafood paella. • 346 Boston Post Rd., Clinton, (860) 664-9464 (westbrooklobster.com). Open daily. L D, $$, WA

New Haven County

116 Crown • ***American Tapas/Small Plates*** Dine on sliders, pizzettes and charcuterie and cheese in a loungelike atmosphere—along with exciting and creative house cocktails. • 116 Crown St., New Haven, (203) 777-3116 (116crown.com). D LS, $$, E, WA

121 Restaurant @ OXC • ***American*** Watch the planes take off and land at 121, located at the Waterbury-Oxford Airport. The menu runs from great pizzas and burgers to an eclectic mix of American favorites. • 7 Juliano Dr., Oxford, (203) 262-0121 (121restaurantgroup.com/oxc). Closed Mon. L D, $$, E, WA

Aldario's Restaurant • ***Classic Italian*** Featuring rich colors, cozy booths and vaulted ceilings, this spot serves pork osso buco and zuppa di pesce. • 240 Naugatuck Ave., Milford, (203) 874-6096 (aldarios.com). Closed Mon. L D, $$, WA

Archie Moore's Bar & Restaurant • ***American*** Casual pub-style dining with burgers, nachos and salads. And don't miss the award-winning buffalo chicken wings. • 188½ Willow St., New Haven, (203) 773-9870; 39 N. Main St., Wallingford, (203) 265-7100; 15 Factory La., Milford, (203) 876-5088, (archiemoores.com). Open daily. L D LS, $

Ballou's Restaurant & Wine Bar • ***Italian*** A casual and relaxed wine bar. Full menu with fondue and much more. Has an outdoor, dog friendly patio and gluten free menu. • 51 Whitefield St., Guilford, (203) 453-0319 (ballouswinebar.com). Open daily. L D, $$

Bar Bouchée • ***French*** Jean Pierre Vuillermet's classic bistro has a black-and-white tile floor, pressed-tin-style walls and ceiling and a zinc bar. On the menu: duck leg confit, charcuterie and beef bourguignon. • 8 Scotland Rd., Madison, (203) 318-8004. Open daily. D, $$

Barcelona Restaurant & Wine Bar • ***Spanish Mediterranean*** A hip restaurant serving Spanish and Mediterranean cuisine—including tapas, hot and cold. *Wine Spectator* Award of Excellence. • 155 Temple St., New Haven, (203) 848-3000 (barcelonawinebar.com). Open daily. L D LS, $$, WA

Bin 100 • ***Mediterranean*** Feast on delicious Mediterranean cuisine elegantly served in a spacious dining room. • 100 Lansdale Ave., Milford, (203) 882-1400 (bin100restaurant.com). Open daily. D SB, $$, E, WA

Bistro Mediterranean • ***Mediterranean*** This casual and relaxed restaurant has Spanish and Mediterranean influences and offers a variety of beloved dishes including scallops parrilla, paella and brussels sprout salad. • 383 Main St., East Haven, (203) 467-2500, (bistromediterraneanandtapasbar.com). Open daily. L D, $$, WA

Ceviche • ***Latin Fusion*** Several different styles of ceviche are offered here. In addition the place features a variety of siz-

SWING INN THIS AUGUST

The Patio is OPEN at Old Lyme Inn!

Relax with us and enjoy fresh food, fresh air and great company.

OLD LYME INN | the side door AT OLD LYME INN

OLDLYMEINN.COM
860.434.2600

For more information, see page 82

zling Latin dishes, cocktails and 30 different types of tapas. Try the Granada Mojito, which features pomegranate flavors. • 530 Middlebury Rd., Middlebury, (203) 527-7634 (cevichelatinkitchen.com). Closed Monday. L (Wed.-Thurs.) D LS, $$, WA

Claire's Corner Copia • ***Vegetarian*** A café-style spot offering globe-trotting dishes like organic-mushroom crêpes, Bengal curry, Irish breakfast and Lithuanian coffee cake. • 1000 Chapel St., New Haven, (203) 562-3888 (clairescornercopia.com). Open daily. B L D SB, $, WA

Consiglio's Restaurant • ***Classic Italian*** Family-owned and -run for over 70 years, Consiglio's is known for classic home-style favorites like homemade cavatelli and braciole, eggplant rollatini and lasagna. • 165 Wooster St., New Haven, (203) 865-4489 (consiglios.com). Open daily. L (Tues.-Fri., Sun.) D, $$

Frank Pepe Pizzeria Napoletana • ***Pizza*** While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 157 Wooster St., New Haven, (203) 865-5762 (pepespizzeria.com). Open daily. L (Mon.-Fri.) D, $, WA

Geronimo Tequila Bar & Southwest Grill • ***Southwestern Fusion*** A mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 271 Crown St., New Haven, (203) 777-7700 (geronimobarandgrill.com). Open daily. L (Mon.-Sat.) D, $$ [★★ 7/13]

Goodfellas Restaurant • ***Italian*** The extensive menu is a veritable Best Hits of Italy, featuring pastas and gnocchi, pork chop Milanese, steak pizzaiola, veal saltimbocca and the chef's signature filet cognac. • 702 State St., New Haven, (203) 785-8722 (goodfellasrestaurant.com). Open daily. L D, $$, WA

Heirloom • ***Modern Continental*** Chef Carey Savona serves dishes like crab cakes with fennel and vermouth butter and herbed gnocchi with rapini and tomatoes. • The Study at Yale, 1157 Chapel St., New Haven, (203) 503-3919 (studyhotels.com). Open daily. B L (Mon.-Sat.) D SB, $$, WA

J. Christian's • ***New American*** A smart, lively restaurant and lounge that takes no shortcuts in preparing New American cuisine with a Southern accent. • 9 North Main St., Wallingford, (203) 265-6393 (jchristians.com). Closed Mon. L D, $$

La Tavola Ristorante • ***Classic Italian*** Enjoy a twist on classic Italian cuisine with prosciutto-wrapped figs, pumpkin ravioli and pepper-encrusted Ahi tuna. • 702 Highland Ave., Waterbury, (203) 755-2211 (latavolaristorante.com). Closed Sun. L D, $$, WA

L'Orcio • ***Contemporary Italian*** This upscale restaurant features a menu of house-made pastas, grilled whole fish and steaks. • 806 State St., New Haven, (203) 777-6670 (lorcio.com). Closed Mon. L (Fri.) D, $$

Moxie • ***American*** High-end American cuisine is the star here. Try the perfectly cooked burger that comes with awesome fries doused in kosher salt and malt vinegar powder. • 52 Wall Street, Madison, (203) 421-6963, moxie-bar.com. Closed Mon. D (Tues.-Sun) L (Fri.-Sun.), $$, WA

Miya's • ***Sushi*** A sushi restaurant like no other, thanks to chef Bun Lai's unique creations. • 68 Howe St., New Haven, (203) 777-9760 (miyassushi.com). Closed Sun.-Mon. L D, $$$, WA

Olea • ***Spanish*** A world-class, full-service Spanish restaurant, with a fun tapas bar. • 39 High St., New Haven (203) 780-8925, oleanewhaven.com. Closed Sun., Mon.-Thur. L D, $$$, WA [★★★★ 2/15]

Park Central Tavern • ***American*** The dynamic weekly menu showcases signature entrées and classic favorites made with fresh New England ingredients. • 1640 Whitney Ave., Hamden, (203) 287-8887 (parkcentraltavern.com). Open daily. L D, $, WA

Ristorante Luce • ***Classic Italian*** Enjoy the double-cut veal chops, pane cotto, risotto pescatore and daily fish specials. Extensive wine list. • 2987 Whitney Ave., Hamden, (203) 407-8000 (ristoranteluce.net). Open daily. L (Mon.-Fri.) D, $$

Roia • ***French/Italian*** This new spot in the Taft Hotel building evokes a golden era when romance reigned. On the menu: artichoke soup, chicken al mattone and panna cotta. 261 College St., New Haven, (203) 200-7045 (roiarestaurant.com). D (Wed.-Sun.), $$, WA

Sake Fusion Restaurant • ***Asian Fusion*** Indian pancakes with curry sauce, Vietnamese-style grilled pork and Malaysian-style sautéed eggplant are just a few of the Asian-fusion dishes on the menu. • 730 Main St. S., Southbury, (203) 264-2888 (sakefusionsouthbury.com). Open daily. L (Mon.-Sat.) D, $, WA

Sans Souci • ***American*** A casual mainstay in the area that prides itself on offering fresh pasta, steak, chicken, veal, seafood and other crowd pleasers. • 2003 N. Broad St., Meriden, (203) 639-1777 (sanssoucirestaurant.com). Closed Mon. L (Tues.-Fri.), D, $$

Señor Pancho's • ***Mexican*** A festive spot serving up terrific fresh salsa and margaritas to go with mole poblano, steak ranchero and fajitas. • 280 Cheshire Rd., Prospect, (203) 758-7788; 385 Main St. S., Southbury, (203) 262-6988 (senorpanchos.com). Open daily. L D SB, $, E, WA

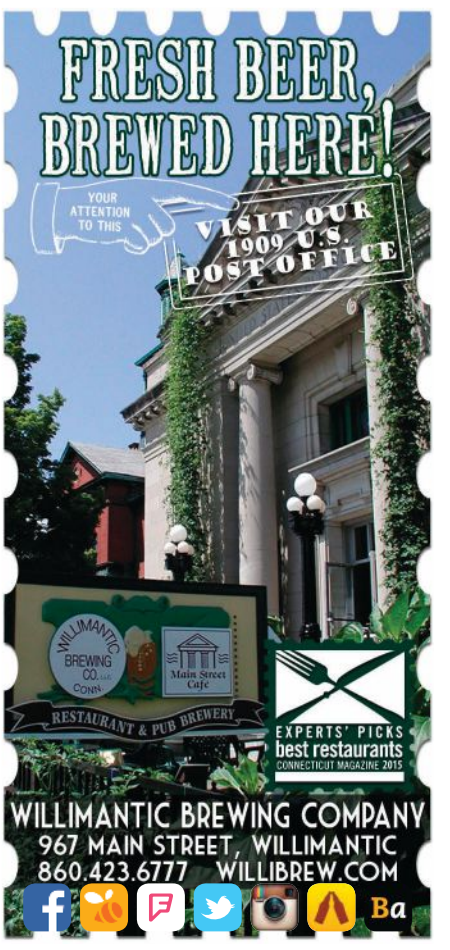
Thali Regional Cuisine of India • ***Indian*** Chic, exotic and fun. Thali dinners include Konkan crab, lamb chops and Andhra chicken curry. • 4 Orange St., New Haven, (203) 777-1177 (thali.com). Open daily. L D SB, $$, WA

The Wharf • ***New American*** This great spot at the Madison Beach Hotel serves up steak tartare, cioppino and grilled Berkshire pork chop with roasted fennel—with a side of water views. • 94 West Wharf Rd., Madison, (203) 350-0014 (madisonbeachhotel.com). Open daily. B, L (Mon.-Sat.), D. $$$, WA

You'll feel like you're dining in Italy!
CONTEMPORARY FLAIR ✧ IMAGINATIVELY PREPARED
SAL e PEPE
CONTEMPORARY ITALIAN BISTRO
97 South Main Street, Newtown
203.426-0805 • salepeperestaurant.com
CONNECTICUT MAGAZINE
Readers' Choice 2015
Best Overall - Runner Up
Best Italian - Runner Up

confetti!
restaurant | caterers | wood-fired cuisine
wood-fired pizza
and a whole lot more
idineconfetti.com | 860.793.8809
393 farmington ave (rt. 10) | plainville

St. Thomas More School
Your son will succeed.
◆ All Boys Boarding School for young men who have not yet realized their full potential
◆ 100% College Placement
◆ 1:1 Tutorial Program
◆ 5 week Summer Academic Program
◆ Located on scenic Gardner Lake in southeastern Connecticut
860.823.3861
admissions@stmct.org
stmct.org



For more information, see page 82

visit these advertisers' websites for

free info

bridal

4 Peter Suchy Jewelers
PeterSuchyJewelers.com

education

5 Albertus Magnus College
albertus.edu/CTMag

68 St. Joseph High School
sjcadets.org
bridgeportdiocese.com

81 St. Thomas More School
stmct.org

health & fitness

c3 Bridgeport Hospital/
Yale-New Haven Health
bridgeporthospital.org

15 Connecticut LTCOP
ct.gov/ltcop

71 Dental Care of Stamford
Dental Care Kids
Dental Care Orthodontics
DentalCareStamford.com
DentalCareKids.com
DentalCareOrthodontics.com

17 Kennedy and Perkins
kennedyandperkins.com

c2 Susan Levine, DMD
DrSusanLevine.com/
SpecialOffer

c4 OptiCare Eye Health &
Vision Centers
opticarepc.com

25 RVNA
ridgefieldvna.org

1 *(Htfd)* Smilow Cancer Hospital
Yale-New Haven at Saint Francis
closertofree.com

26 Smilow Cancer Hospital at
Yale-New Haven
closertofree.com

retirement living

24 Chester Village West
ChesterVillageWestLCS.com

18 Duncaster
Duncaster.org

20 Masonicare at Ashlar Village
AshlarVillage.org

22 Seabury/ Seabury At Home
seaburylife.org

travel

80 Old Lyme Inn
oldlymeinn.com

dining guide | new haven county

Wood-n-Tap • ***American*** Hip, fun eateries known for great burgers and great beer. You'll also love the pizza, pasta, salads and sandwiches. • 311 Boston Post Rd., Orange, (203) 799-9663; 970 N. Colony Rd., Wallingford, (203) 265-9663 (woodntap.com). Open daily. L D LS, $, WA

Zafra Cuban Restaurant & Rum Bar • ***Cuban*** With a collection of 300 different kinds of rum—one of the largest in the country—this New Haven establishment is Connecticut's first true rum bar. Small, dark and atmospheric, this hip locale features chef Tadahiro ("Haya") Hayasaka's subtle and sometimes fanciful take on Cuban soul food. • 259 Orange St., New Haven, (203) 859-5342 (zafrarumbar.com). Open daily. L (Tues.-Fri.) D LS, $$, WA

New London County

Abbott's Lobsters • ***Seafood*** Enjoy the flavors of the sea and season at this lobster restaurant that is only open in the warmer months. Specialties include the aptly named opulent seafood rolls, a variety of clams, oysters and muslces, and of course lobster. • 17 Pearl Street, Noank/Groton. (860) 536-7719 (abbottslobster.com).Open daily through September and weekends through October. L D, $.

Al Dente • ***Italian*** Savor the mouthwatering flavors of frutti di mare, farfalle con pollo and medaglioni de manzo, followed up with cannoli or tiramisu at this Italian dining gem. • Foxwoods Resort Casino, Mashantucket, (800) Foxwoods (foxwoods.com). Open daily. D, $$$, E, WA

Alta Strada • ***Italian*** Try favorites like chittara with spicy lobster and fresh peas and grilled lamb chops with asparagus, potato and pickled onion salad. • MGM Grand at Foxwoods, 240 MGM Grand Dr., Mashantucket, (860) 312-2582 (altastradarestaurant.com). Open daily. L D, $$$

Azu • ***American*** Features a great bar and dishes such as grilled pizza salad, baked macaroni and cheese with lobster and linguine with red clam sauce. • 32 West Main St. Mystic, (860) 536-6336 (azuct.com). Open daily. B L D LS, $$

Ballo Italian Restaurant & Social Club • ***Italian*** A sumptuous restaurant inspired by the magnificent 12th-century Abbey of San Galgano in Siena. On the menu: pizza and pasta, striped bass and veal porterhouse. • Mohegan Sun, Uncasville, (860) 862-1100 (balloitalian.com). L D, $$, WA

Bar Americain • ***American*** This brasserie serves up Bobby Flay specialties like lobster-avocado cocktails, buttermilk-fried chicken with biscuits—and big-time glamour. • Mohegan Sun, Uncasville, (860) 862-8000 (baramericain.com). Open daily. D, $$

Bleu Squid • ***American*** A bakery and cheese shop serving 30 cheeses and 40 different cupcakes. Also serves up grilled cheese sandwiches to go, freshly made and to order, including the best-selling lobster grilled cheese. • 27 Coogan Blvd., Mystic, (860) 536-6343 (dessertsmysticct.com). Open daily. L D, $, WA

The Captain Daniel Packer Inne • ***American*** This 1754 whaler's inn features a view of the Mystic River along with dishes like lemon pepper chicken, filet mignon and salmon • 32 Water St., Mystic, (860) 536-3555 (danielpacker.com). Open daily. L D, $$$ WA

C.C. O'Brien's • ***Irish Pub*** A neighborhood sports pub with great food, friendly service, sports on 20 HDTVs and live entertainment on Saturday nights. • 8 Mechanic St., Pawcatuck, (860) 599-2034 (ccobriens.com). Open daily. L D LS, $$, WA

The Chestnut Grille • ***American*** The winning seasonal menu here includes succulent treats such as pan-roasted duck breast and seared diver scallops. • The Bee and Thistle Inn, 100 Lyme St., Old Lyme, (860) 434-1667 (beeandthistleinn.com). Closed Sun.-Mon. D, $$$, E

Flanders Fish Market & Restaurant • ***Seafood*** Flanders excels at lobster bisque, fish-and-chips and broiled seafood. Known for its bountiful Sunday buffet, fresh seafood market and New England clambakes. • 22 Chesterfield Rd., East Lyme, (860) 739-8866 (flandersfish.com). Open daily. L D SB, $$, WA

Frank Pepe Pizzeria Napoletana • ***Pizza*** While world-famous clam pizza is the standout, many other varieties are also worth the wait. • Mohegan Sun, Uncasville, (860) 862-8888 (pepespizzeria.com). Open daily. L (Mon.-Fri.) D, $, WA

Gaspar's Restaurant • ***New American Cuisine*** Enjoy award-winning lobster bisque, sushi rolls and other sea-to-table delicacies made from fresh seafood. Ambience is old-school classy with white tablecloths, red roses and candlelight. • 385 Bank Street, New London, (860) 440-3663 (gasparsnewlondon.com). Open daily. L D SB, $$, WA

Harbour House Restaurant and Bar • ***Seafood*** Enjoy ahi tuna tacos, lobster, grilled swordfish and other seafood favorites in a casually elegant and comfortable setting with stunning water views. • 3 Williams Ave., Mystic, (860) 536-8144 (harbourhousect.com). Open daily. L (Mon.-Fri.) D, $$, E, WA

Inishmor Pub • ***Irish American*** Get a taste of the old country at this authentic Irish pub where specialties include Gaelic favorites like chips and curry and shepherd's pie. • 20 Main St., Colchester, (inishmorpub.com). Open daily. L D LS $$, E

Jasper White's Summer Shack • ***Seafood*** This award-winning restaurant features live lobster and crab, fried seafood, chowders and wood-grilled fish. • Mohegan Sun, Uncasville, (860) 862-9500 (summershackrestaurant.com). Open daily. L D SB, $$

Johnny's Peking Tokyo • ***Asian Fusion*** The finest in Asian-fusion cuisine, including ginger duck, shrimp and pork Hunan-style, sushi and sashimi. Dine in or order online for pickup. • 12 Coogan Blvd., Mystic, (860) 572-9991 (johnnysushibar.com). Open daily. L D, $$, WA

Kensington's at The Spa at Norwich Inn • ***American*** A first-class restaurant serving gourmet food with an emphasis on natural meats, fresh, locally sourced produce and healthy preparations. • 607 West Thames St., Norwich, (860) 425-3630 (thespaatnorwichinn.com). Open daily. B L D SB, $$$, E, WA

Kitchen Little • ***American*** Enjoy a panoramic view of the Mystic River while dining on eggs Benedict, omelets and other savory egg dishes at this breakfast destination. • 36 Quarry Rd., Mystic (kitchenlittle.org). Open daily for breakfast. B L (Mon.-Fri.) SB, $

Michael Jordan's Steak House • ***American*** USDA prime steaks, chops and fresh seafood paired with an extensive wine list. • Mohegan Sun, Uncasville, (860) 862-8600 (michaeljordansteakhouse.com). Open daily. D, $$$

Octagon • ***American*** The menu at this upscale yet relaxed steak house includes the signature 24-ounce bone-in rib eye, 14-ounce Kobe sirloin and wild striped bass. *Wine Spectator* Award of Excellence. • Mystic Marriott Hotel, 625 North Rd., Groton, (860) 326-0360 (octagonsteakhouse.com). Open daily. D, $$$, R

The Old Lyme Inn • ***American*** The Inn's restaurant and bar features a locally sourced menu with a modern twist on traditional dishes. • 85 Lyme St., Old Lyme, (860) 434-2600 (oldlymeinn.com). Open daily. L D, $$$, WA

Oyster Club • ***American*** This popular place showcases food that travels the shortest distance from farm and sea to table, with seasonality and location determining the day's dishes. • 13 Water St., Mystic, (860) 415-9266 (oysterclubct.com). Closed Tues. L (Sat.) D SB, $$, WA

Paragon • ***American*** This 24th floor aerie is Foxwoods' showpiece, with a menu that highlights organic produce and meats: crispy wild boar meatballs and Dover sole with beurre noir. • Foxwoods Resort Casino, Mashantucket, (800) 312-3000 (foxwoods.com). Closed Mon.-Tues. D, $$$, WA

Red 36 • ***American*** It's all about the sea at this waterside hotspot that offers dinner with a view. • 2 Washington St., Mystic, (860) 536-3604 (red36ct.com). Closed Mon. L D, $$

S&P Oyster Co. • ***Seafood*** Serving traditional New England seafood with a South American flair. Enjoy oysters on the half shell, PEI mussels, fresh cuts of fish and Creekstone Farms steaks grilled over hard woods. • 1 Holmes St., Mystic, (860) 536-2674 (sp-oyster.com). Open daily. L D, $$, WA

Tolland County

Altnaveigh Inn & Restaurant • ***American*** This 1734 farmhouse serves filet mignon with port-wine reduction demiglace and pan-seared tuna with onion marmalade. • 957 Storrs Rd., Storrs, (860) 429-4490 (altnaveighinn.com). Closed Sun.-Mon. L (Tues.-Fri.) D, $$$, WA

Angellino's Restaurant • ***Italian*** There's plenty to like at Angellino's, including penne Augustino with artichoke hearts, sun-dried tomatoes and garlic. • 135 Storrs Rd., Mansfield, (860) 450-7071; 346 Kelly Rd., Vernon, (860) 644-7702 (angellinos.com). Open daily. L D, $$, WA

Asian Bistro • ***Asian Fusion*** A popular hibachi steak house/bar offering Asian-fusion dishes along with sushi and sashimi. • 95 Storrs Rd., Mansfield, (860) 456-8316 (asianbistromansfield.com). Open daily. L D, $$, WA

Bidwell Tavern • ***American*** This 1822 Coventry tavern, once the town hall, offers prime rib, chicken wings and 24 beers on tap. • 1260 Main St. (Rte. 31), Coventry, (860) 742-6978. Open daily. L D LS, $$, E, WA

The Blue Oak at the Nathan Hale Inn • ***American*** On the UConn campus, enjoy honest New England-style dishes and lighter fare. Great wine selection. • 855 Bolton Rd., Storrs, (860) 427-7888 (nathanhaleinn.com). Open daily. B L D, $$

Elmo's Dockside • ***Seafood*** Known for fresh, local seafood, homemade clam chowder and lobster bisque, USDA High Choice beef, poultry and pasta dishes. • 48 Hartford Tpke., Vernon, (860) 646-3474, (elmosdockside.com). Open daily. L (Mon.-Sat.) D, $$

Georgina's Italian Restaurant • ***Italian*** Warm and inviting—try the calamari appetizer, chicken Athena, lasagna and chicken parmigiano. • 275 Boston Tpke., Bolton, (860) 647-0345 (georginasrestaurant.com). Closed Mon. L D, $$, WA

Lakeview Family Restaurant • ***Fresh Seafood/Italian*** Fresh seafood, Italian dishes, paninis, salads, burgers and wings are served in a casual, romantic waterside setting. • 50 Lake St., Coventry, (860) 498-0500 (coventrylakeview.com). Open daily. L D, $$, E, WA

Little Mark's Big BBQ • ***Barbecue*** Little Mark's famous homemade sauces, such as Kansas City Sweet, Pork Pickin' Vinegar and Texas Hot, enhance the beef and pork ribs. • 226 Talcottville Rd., Vernon, (860) 872-1410 (littlemarksbbq.com). Open daily. L D, $$, WA

Pancho Loco • ***Mexican*** Don your shorts and Hawaiian shirt and try this Parrothead paradise for sizzling fajitas and chillin' margaritas. • 218 Talcottville Rd., Vernon, (860) 871-1819 (pancholoco.net). Open daily. L D, $, E, WA

Rein's New York Style Deli-Restaurant • ***American*** A bright and bustling Jewish deli serving everything from challah French toast and potato pancakes to pastrami Reubens and cheese blintzes. • 435 Hartford Tpke., Vernon, (860) 875-1344 (reinsdeli.com). Open daily. B L D LS SB, $, WA

Tavern House Grill • ***American*** This pub-style sports bar features live entertainment and regular karaoke events. On the menu: steaks, burgers, grilled sandwiches and wings. • 200 Merrow Rd., Tolland, (860) 872-0332 (tavernhousegrill.com). Open daily. L D SB, $, E, WA

True Blue Tavern at the Nathan Hale Inn • ***American*** Great casual dining in a fun atmosphere celebrating the spirit of UConn athletics. • 855 Bolton Rd., Storrs, (860) 427-7888 (nathanhaleinn.com). Open daily. D, $, WA

Trattoria da Lepri • ***Italian*** This family-owned and -run eatery prepares dishes from scratch with local ingredients. On the menu: rigatoni Bolognese, veal scallopini Marsala and crabmeat-stuffed shrimp. • 89 West Rd., Ellington, (860) 875-1111 (trattoriadalepri.com). Closed Sun.-Mon. D, $$, WA

Utsav Indian Cuisine • ***Indian*** This gem boasts a menu of delectable Indian treats such as shamm savera or calamari cochin. • 575 Talcottville Rd., Vernon, (860) 871-8714 (utsavcuisine.com). Open daily. L D, $$, WA

Willington Pizza House • ***Pizza*** Unusual designer pizza concoctions, including red-potato and seafood casino. • 25 River Rd. (Rte. 32), Willington, (860) 429-7433 (willingtonpizza.com). Open daily. L D LS, $, WA

Vernon Diner • ***Continental*** Enjoy anything from homemade French toast and Greek specialties to steak, seafood and pasta at this friendly spot in Vernon. • 453 Hartford Tpke., Vernon, (860) 875-8812 (vernondiner.com). Open daily. B L D LS, $, WA

Wood-n-Tap • ***American*** Known for great burgers and great beer. You'll also love the pizza, pasta, salads and sandwiches. • 236 Hartford Tpke., Vernon, (860) 872-6700 (woodntap.com). L D LS, $, WA

Windham County

85 Main • ***New American*** There's something for everybody at this Main Street fixture: from sushi to duck-liver pâté, pulled-pork barbecue to wild-mushroom ravioli. • 85 Main St., Putnam, (860) 928-1660 (85main.com). Open daily. L D LS, $$, WA

Bella's Bistro • ***Northern Italian*** An upscale spot with a seasonal menu serving veal, beef, chicken, pork, pizzas and more. • 75 Main St., Putnam, (860) 928-7343 (bellasbistromarket.com). Closed Mon. L D (Tues.-Sat.), $$, WA

The Courthouse Bar & Grill • ***American*** Serves 20 great appetizers plus "arresting" main courses such as seafood Alfredo and Montreal sirloin. • 121 Main St., Putnam, (860) 963-0074 (courthousebarandgrille.com). Open daily. L D LS (weekends), $, WA

Fiesta Cinco De Mayo • ***Mexican*** A festive spot offering pollo salsa verde, carne asada and great guacamole. • 1228 Main St., Willimantic, (860) 423-9524. Open daily. L D, $$, WA

Golden Lamb Buttery • ***American*** In a barn overlooking a 1,000-acre farm, dinner here might be roast duckling, chateubriand or honey-glazed rack of lamb. For dessert, there's strawberry-rhubarb bread pudding or lemon blueberry cake. • 199 Bush Hill Rd., Brooklyn, (860) 774-4423 (thegoldenlamb.com). Closed Sun.-Mon. L D (Fri.-Sat.), $$$, E, WA

Hank's Restaurant • ***American*** A family place serving home-style chowders, lobster salad rolls and prime rib. • 416 Providence Rd., Brooklyn, (860) 774-6071 (hanksrestaurant.com). Open daily. L D, $$

The Inn at Woodstock Hill • ***American*** The menu at this historic estate includes shrimp-and-sea-scallop stir-fry, fontina-stuffed veal tenderloin Serrano and duckling à l'orange. • 94 Plaine Hill Rd., Woodstock, (860) 928-0528 (woodstockhill.com). Open daily. L (Thurs.-Sat.) D SB, $$$, WA

J.D. Cooper's • ***American*** A sports pub with walls of sports memorabilia and 125 entrées from prime rib to fajitas to fresh fish. • 146 Park Rd., Putnam, (860) 928-0501. Open daily. L D, $, E (Sat.), WA

The Mansion at Bald Hill • ***American*** The pan-seared diver scallops with jumbo shrimp is tops, and don't skip the lobster mac 'n' cheese. • 29 Plaine Rd., South Woodstock, (860) 974-3456 (mansionatbaldhill.com). Closed Mon. D, $$$, WA

Mozzarella's Grill & Bar • ***American/Italian*** A great family restaurant with a warm, cozy atmosphere serving fresh burgers, steaks, seafood, and Italian specialties. • 460 Hartford Tpke., Dayville, (860) 774-3434 (mozzarellasgrill.com). Closed Fri.-Sun. B L D, $, E, WA

Someplace Special Pizza • ***Italian*** Serves Greek-style pizza, steaks, seafood and pastas at reasonable prices. • 58 Main St., Putnam, (860) 928-2884 (someplacespecialrestaurant.com). Open daily. L D, $, WA

The Vanilla Bean Café • ***American*** A restaurant known for its homemade soups, award-winning chili, vegetarian dishes and desserts. • Rtes. 44, 169 & 97, Pomfret, (860) 928-1562 (thevanillabeancafe.com). Open daily. B L D (Wed.-Sun.), $$, E, WA

Willimantic Brewing Co./Main Street Café • ***Brew Pub*** In a historic U.S. Post Office building, beers are brewed in full view of diners. Try the ale-steamed mussels. • 967 Main St., Willimantic, (860) 423-6777 (willibrew.com). Open daily. L (Tues.-Sun.) D, $$, WA

china and crystal repair

BREAK IT, CHIP IT, CRACK IT—We can restore it. China and crystal restoration. Call us at our Cheshire, CT location 203-271-3659 or visit us online at **www.chinaandcrystalrepair.com**

furniture restoration

FURNITURE REPAIR & RESTORATION. Chairs Re-Caned, Re-Rushed, Re-Upholstered, Re-Glued. Complete Wicker/Rattan Repairs & Restorations. All furniture professionally Stripped, Refinished, Restored & Repaired. Expert furniture decorating and painting. 90 years in business. H.H. PERKINS Company. Call **(203) 787-1123** 370 State Street, North Haven, CT 06473 **www.hhperkins.com**

historic window solutions

Have The Best Of Both Worlds!
Installed
To be Installed
Save Your Historic Windows with High-Tech Interior Storm Windows
10 Minute Install / 10 Seconds In / 10 Seconds Out
Innerglass® Window Systems, LLC
The Compression-Fit Advantage
stormwindows.com • 800.743.6207

professional home services

PROPERTY CARETAKING SERVICES - Your home is a large investment. Don't take chances when you are away. Have your home occupied by an experienced Property Professional. Long and short term services for the CT Shoreline and the Islands. Affordable fees, priceless peace of mind. **For a consultation, call (860) 308-4756**

sound proofing

STOP STREET NOISE with custom glass interior storm windows, residential and commercial. Innerglass Window Systems **(860) 651-3951 www.stormwindows.com**

MARKETPLACE ADVERTISING

RATES: $2.75 per word, 15 word minimum. All hyphenated words and phone numbers count as two words. Black and white display advertisements begin at $175 per inch; color display ads begin at $200 per inch.

FREQUENCY DISCOUNTS
12 months = 20% discount
6 months = 15% discount
3 months = 10% discount

PAYMENTS: All advertisements are sold on a prepayment basis. Acceptable forms of payment are: Check, Money Order, Visa, MasterCard, and American Express.

DEADLINES: Materials should be received by the 25th of the second month preceding the issue (for example, August 25 for October)

ADDRESS CORRESPONDENCE:
David Martin, Classified Advertising Department
CONNECTICUT Magazine
100 Gando Drive, New Haven, CT 06513

Phone: (203) 789-5394
Fax: (203) 789-5255
Email: dmartin@connecticutmag.com

Thank You!

THE FOOD SCHMOOZE® MARTINI COMPETITION

Thank you to all the chefs and bartenders who participated in the **2015 Faith Middleton Food Schmooze® Martini Competition**, and thank you to everyone who came out to support this one-of-a-kind event!

Congratulations to our winners!

People's Choice:

Gold Martini: Lime in the Coconut, from Infinity Music Hall & Bistro
Silver Martini: Slim Shady, from DoubleTree by Hilton, Bristol
Bronze Martini: BRB, from Max Burger

Best Craft Martini, as Awarded by Anthony DeSerio:

Town Plot Collins, from Highland Brass Co.

INFINITY Music Hall & Bistro Hartford & Norfolk, CT presented by Webster

DOUBLETREE BY HILTON BRISTOL, CONNECTICUT

MAX BURGER

HIGHLAND BRASS CO.

Riverview SIMSBURY, CONNECTICUT

wnpr

Music, lighting and entertainment provided by:

POWERSTATION Events www.PowerstationEvents.com

SAVE THE DATE | FRIDAY, OCTOBER 16, 2015

PRATT & WHITNEY

90TH ANNIVERSARY

CPTV Presents 90 Years of Defining Aviation
Pratt & Whitney, 1925-2015

Join the Party | The Connecticut Convention Center
6 p.m. Black Tie Preferred

Wasp Engine

For more information or table reservations, contact Margaret Lawson at 860.275.7259 or specialgifts@cptv.org.

cptv

Pratt & Whitney
A United Technologies Company

What's On! 08.2015

CONNECTICUT PUBLIC BROADCASTING NETWORK

CPTV | WNPR | CPBN.ORG

CPTV and CPTV4U Put the Focus on Science and Technology

Big Blue Live
Monday, August 31 at 8 p.m.
on CPTV4U

Only On cptv
www.cptv.org

cptv 4U

Big Movie Classics: Legends of Flight
Wednesday, August 5
at 10 p.m. on CPTV

The Mystery of Matter: Search for the Elements
Wednesday, August 19
at 8 p.m. on CPTV

PRESIDENT'S MESSAGE

It may be summertime, but at the Connecticut Public Broadcasting Network (CPBN), home of Connecticut Public Television (CPTV) and Connecticut Public Radio (WNPR), great original content never takes a vacation!

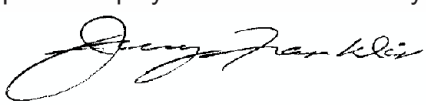
Case in point: Our three original radio shows, *Where We Live, The Colin McEnroe Show* and *The Faith Middleton Show*, air each weekday, year-round, on WNPR. This original content is something we are very proud of, just as we are proud that *Current*, the national newspaper and website about public and nonprofit media, recently referred to *The Colin McEnroe Show* as "possibly the best local show in public media." That is quite a compliment, and it even further validates our commitment to providing high-quality original programming.

Speaking of *The Faith Middleton Show*, more than 700 people attended the fifth annual Faith Middleton Food Schmooze® Martini Competition earlier this summer. This unique fundraising event helps ensure that we can continue to bring WNPR fans the programs they rely on, and we thank everyone who partook in this very enjoyable evening!

In fact, we thank everyone who has come out and met with our WNPR and CPTV staff members this summer at various local events. For example, in recent weeks, CPTV Kids ambassadors have attended Rock Cats baseball games in New Britain; the Day Out with Thomas™ event at Essex Steam Train and Riverboat; and the *Wild Kratts Live!* event at The Bushnell in Hartford. Our folks were there offering goodies, sharing educational information and just saying hello to families!

We also recently spent time recording personal stories of generosity throughout the Hartford region with the Hartford Foundation for Public Giving for our community-wide storytelling project Words to Give By. The stories are now airing Wednesdays at 3:04 p.m. on WNPR and are available online at WordstoGiveBy.org. We were humbled by the level of support we received from our storytellers (including 170 people from across Connecticut) and the 16 nonprofit organizations that hosted the recording sessions. We hope you are enjoying the stories as much as we are!

We consider it a privilege to be able to interact with our audiences. If you, our members, see us at an upcoming event, or just out in the community, please stop by and allow us to thank you for your support!



Jerry Franklin
President and CEO, Connecticut Public Broadcasting Network

cpbn CONNECTICUT PUBLIC BROADCASTING NETWORK
cptv | wnpr

"What's On!"
is published monthly as a supplement in Connecticut Magazine by Connecticut Public Broadcasting Network, 1049 Asylum Avenue, Hartford, CT 06105. Connecticut Magazine, 35 Nutmeg Drive, Trumbull, CT 06611, is published monthly by Journal Register Company, Lower Makefield Corporate Center; 790 Township Line Road, 3rd Floor, Yardley, PA 19067. Editorial content for "What's On!", the 16-page program guide devoted to CPTV and WNPR, is determined by Connecticut Public Broadcasting Network (CPBN), a nonprofit corporation chartered by the state of Connecticut.

TRUSTEES:
Francisco Borges/Chair; Jeffrey Hoffman/Vice Chair; Joyce Ahrens, Tim Bannon, Thomas Barnes, Robert Blocker, Paul Bucha, Gregory Butler, Christopher Campbell, Gayle Capozzalo, Arnold Chase, Daniel Crown, Christopher Dadlez, Arthur Diedrick, Maryam Elahi, Jeffrey Flaks, Jerry Franklin (ex officio), Lynn Fusco, Peter Kelly, Mary McLaughlin, Thea Montanez, William Nickerson, George Norfleet, Faye Preston, Brian Renstrom, Dr. Eugene Salorio, John Soto, Roger Williams, Jay Youngling, Michael Zebarth; Edith Bjornson, Carl Chadburn and Laura Lee Simon (Trustee Emeriti)

COMMUNITY ADVISORY BOARD:
Radha Radhakrishnan/Co-Chair, Alexia Bouckoms/Co-Chair, Elaine Elisabeth Barrie, Tanya Shriver Castiglione, Rocio Chang, Tarah S. Cherry, Thomas J. Colangelo, Trillon Dukes, Aaron Frankel, Henry Link, Barri R. Marks, Vivian Martinez-Rivera, Francis Peters, Kay Rahardjo, Meher Shulman, Kerrie Sullivan, Steven H. Werlin

MEMBERSHIP AND PROGRAM INFORMATION:
Call: 860.275.7550
E-mail: audiencecare@cptv.org
Membership starts at $40 per year.

EDITORIAL STAFF:
Editor: Emily Caswell
Contributors: Todd Gray, Carol Sisco

wnpr

"Giving you something new to laugh about in your car and talk about over dinner..."

Weekdays at 1 and 8 p.m.
Live streaming at WNPR.org.

Sign up for WNPR's e-newsletter for updates on your favorite WNPR shows. Visit **WNPR.org.**

Sponsored by: WISDOM HOUSE RETREAT & CONFERENCE CENTER · CONNECTICUT REPERTORY THEATRE

Highlights | August 2015

JFK & LBJ: A Time for Greatness
Tuesday, August 4 at 9 p.m. on CPTV

Lyndon Baines Johnson is chiefly remembered for the Vietnam War, but 50 years ago, he engineered two of the most important laws Congress ever passed: the 1964 Civil Rights Act and the 1965 Voting Rights Act. This new special examines how LBJ transformed America.

Straight No Chaser: Songs of the Decades
Saturday, August 29 at 8 p.m. and Monday, August 31 at 9:30 p.m. on CPTV

A cappella phenomenon Straight No Chaser performs live at Harrah's Resort in Atlantic City. Together they journey through the American pop songbook, performing songs made popular by Elvis Presley, the Four Seasons, Stevie Wonder, Simon & Garfunkel, Madonna and more – all infused with the group's trademark harmonies and unique charm.

Starlight Ballroom (My Music)
Monday, August 31 at 8 p.m. on CPTV

Celebrate the golden era of swing with this glorious look at the orchestras, bandleaders and singers who ruled the radio and dance halls. Stirring performances by Perry Como, Doris Day, Benny Goodman, Peggy Lee, Tex Beneke, the Mills Brothers and others are featured.

Simon & Garfunkel: The Concert in Central Park
Saturday, August 29 at 9:30 p.m. on CPTV

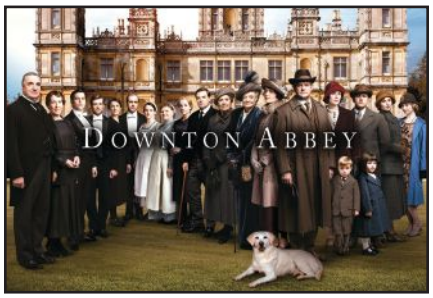
In 1981, Paul Simon and Art Garfunkel performed in front of half a million fans in Central Park. It was their first full concert together in more than a decade. *Simon & Garfunkel: The Concert in Central Park* captures the duo's magical chemistry, undiminished by their years apart. Their soaring voices blend on "Mrs. Robinson," "Sounds of Silence," "Bridge Over Troubled Water" and other favorites.

A Few Good Pie Places and *A Few Great Bakeries*
Tuesday, August 25 at 8 and 9 p.m. on CPTV

CPTV premieres two new specials from popular PBS host Rick Sebak back to back! First, in *A Few Good Pie Places*, tour pie shops from Maine to Alaska, and meet the talented cooks behind these delicious wonders. Then, in *A Few Great Bakeries*, small bakeries around the nation are explored. Learn how a business that makes cakes, breads, pies and bagels can become a neighborhood landmark.

CPTV's Shark Night
Wednesday, August 12 Starting at 8 p.m. on CPTV

Catch "Shark Night" on CPTV, featuring *NOVA*'s "Why Sharks Attack." Leading shark experts discuss the science behind the great white's hunting instincts. Then, in the *Operation Maneater* episode "Great White Shark," follow veterinarian Mark Evans to Australia to test non-lethal solutions for preventing shark attacks.



Downton Abbey Rediscovered
Sunday, August 30 at 9 p.m. on CPTV

Relive treasured moments from the previous five seasons of "Downton Abbey" on *Masterpiece*, and sample the next and final season. Savor clips, behind-the-scenes footage and interviews with creator Julian Fellowes, executive producer Gareth Neame and cast members. PBS President Paula Kerger hosts.

Pioneers of Television Marathon
Saturday, August 1 Starting at 8 p.m., Encoring Sunday, August 2 Starting at 12:30 p.m. on CPTV

Relive, or experience for the first time, the fourth season of *Pioneers of Television* as all four episodes air back to back. Learn about the people who left their imprint on sitcoms, late-night, variety and game shows in the early days of TV. Interviews with Dick Van Dyke, Mary Tyler Moore, Andy Griffith, Tina Fey, Jerry Seinfeld and others are featured.

Il Volo: Live from Pompeii
Saturday, August 29 at 6:30 p.m., Encoring Sunday, August 30 at 7:30 p.m. on CPTV

Soar with the perfect harmony of the charming trio Il Volo as they pay homage to their home country. The group performs classic Italian favorites and original songs in this new concert special filmed in the spectacular ancient ruins of Pompeii.

'60 & '70s Slow Songs (My Music)
Sunday, August 30 at 6 p.m. on CPTV

Relive memorable nights of slow dancing and romancing to favorite love songs, featuring unforgettable classics from Andy Williams, Dusty Springfield, the 5th Dimension, Anne Murray and others.

Explore Land, Sea and Air with the Best in Science and Technology Programming

This August, CPTV and CPTV4U present new specials and series showcasing fascinating discoveries and advancements in the fields of science and technology. These presentations include the film *Big Movie Classics: Legends of Flight,* premiering Wednesday, August 5 at 10 p.m. on CPTV.

Legends of Flight was originally produced for exhibition in IMAX museum theaters, and produced in association with the Smithsonian's National Air and Space Museum. The film takes viewers on an exhilarating ride in the legendary 20th-century aircraft that most strongly influenced the revolutionary designs of the 787 jetliner and the giant Airbus A380.

Viewers also get an exclusive firsthand look at a design and manufacturing process that took nearly 10 years. Learn about the challenges, struggles, triumphs and emotional highs and lows of building an entirely new airplane from the ground up.

Plus, for the first time, the rigorous testing that a new commercial airplane undertakes before it is cleared to carry its first passenger is showcased on film.

A behind-the-scenes look at how *Legends of Flight* was made is also featured; the film was shot with large-format IMAX 15/70 cameras, the most advanced film technology in the world, allowing for an incredible viewing experience even on home screens!

This film is presented on CPTV as part of Connecticut Public Broadcasting Network's Made in Connecticut initiative, made possible by Founding Sponsor KBE Building Corporation, with additional funding from the Connecticut Business & Industry Association (CBIA).

Also premiering on CPTV in August is the new PBS miniseries *The Mystery of Matter: Search for the Elements*. All three parts of *Mystery of Matter* air back to back on Wednesday, August 19 beginning at 8 p.m.

One of the great adventures in the history of science is the quest to understand what the world is made of. Emmy-winning actor Michael Emerson hosts this miniseries that explores not just *what* scientific explorers throughout history discovered, but *how*.

Big Blue Live

The Mystery of Matter: Search for the Elements

Broadway-caliber actors are featured in reenactments that reveal the creative process of scientists including Joseph Priestley, Antoine Lavoisier, Humphry Davy, Dmitri Mendeleev, Marie Curie, Harry Moseley and Glenn Seaborg.

These reenactments include the scientists' own words and working replicas of their original lab equipment. The world-changing work of these men and women – from the discovery of oxygen to the race to reveal the atom's internal parts – is explored.

Finally, *Big Blue Live* premieres on CPTV4U, airing on three consecutive nights beginning Monday, August 31 at 8 p.m. This live three-part miniseries is the first of its kind to air on PBS!

Big Blue Live examines the rejuvenation of the once-endangered ecosystem of Monterey Bay, California. That ecosystem, which is now thriving, is home to some of the world's most charismatic marine creatures. Follow scientists, animal behaviorists and other experts as they explore the once-a-year confluence of fins, fur and fangs in which many of those creatures convene.

A PBS and BBC co-production, *Big Blue Live* allows viewers to watch one of nature's great "reality shows" through state-of-the-art filming technologies and live reports from air, sea and below the waves.

This special event will be anchored by four on-air correspondents from a reporting hub at the Monterey Bay Aquarium and from aboard the NOAA (National Oceanic and Atmospheric Administration) Office of National Marine Sanctuaries' research vessels.

These anchors include Dr. M. Sanjayan, host of *EARTH A New Wild*, recently seen on CPTV; Liz Bonnin, a science broadcast journalist; Dr. Joy Reidenberg, host of *Sex in the Wild*, also recently seen on CPTV; and Steve Backshall, an award-winning naturalist, writer and TV anchor.

In Case You Miss It...

In addition to its August 5 premiere, *Big Movie Classics: Legends of Flight* will air on CPTV on Sunday, August 9 at 1:30 p.m.; on CPTV Sports on Saturday, August 8 at 8 p.m. and Sunday, August 30 at 9 p.m.; and on CPTV4U on Friday, August 21 at 9 p.m.

Prime Time | August 1-6

- CPTV Original, CPTV National Production or Presentation or CPTV Co-production indicated in blue font.
- Program or episode premiere indicated by a (P). Live broadcasts indicated by a (L).
- Asterisk indicates that show begins prior to 8 p.m.; two asterisks indicate that show ends after 12 a.m. Visit CPTV.org/schedule for exact start and end times.
- CPTV Sports schedule subject to change due to game cancellations and durations.

SAT | 1	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Pioneers of Television, Season 4 - Doctors and Nurses (See page 87)		Pioneers of Television, Season 4 - Breaking Barriers (See page 87)		Pioneers of Television, Season 4 - Acting Funny (See page 87)		Pioneers of Television, Season 4 - Standup to Sitcom (See page 87)	
CPTV4U	Masterpiece Mystery! - Inspector Lewis, Series 4: The Mind Has Mountains			Masterpiece Mystery! - Grantchester (Part 5 of 6)		The Bletchley Circle, Season 2 (Part 2 of 4)		The Cobblestone Corridor
CPTV Sports	Liquid Stage: The Lure of Surfing		Boards on the Water - The Evolution of Water Skiing		Boards on the Water - Towed Board Sports		Boards on the Water - Barefooting, Showskiing & Lifestyles	
SUN | 2	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Last Tango in Halifax, Season 3 (Part 6 of 6) (P) Learn why Gillian is wary about the wedding.		Poldark on Masterpiece (Part 7 of 7) (P) When Verity makes her move, Poldark is blamed and events spiral out of control. Meanwhile, an epidemic leads to tragedy, and a shipwreck is both a blessing and a curse.				The Forsyte Saga (Part 10 of 13) Fleur visits a farm where Jon is working.	
CPTV4U	Infinity Hall Live - Jackie Greene		Austin City Limits - Kacey Musgraves/Dale Watson		Xerox Rochester International Jazz Festival - Regina Carter		David Bromberg: Unsung Treasure (P)	
CPTV Sports	The National Parks: America's Best Idea - Great Nature, 1933-1945				Girls HS Lacrosse - CIAC Class L Championship, Darien/Wilton			Before There Were Parks
MON | 3	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Antiques Roadshow - Vintage Toronto Highlights include a Victorian carved oak bed.		Antiques Roadshow - Vintage Baltimore What is the value of a book inscribed by Edgar Allan Poe?		Al Capone: Icon Celebrity gangster Al Capone's enduring impact on American culture is explored.		America in Prime Time - The Crusaders TV heroes who seek justice are featured.	
CPTV4U	Nature - Invasion of the Killer Whales		Life on the Reef (Part 2 of 3)		Sex in the Wild - Dolphins		Charlie Rose	
CPTV Sports	Homefront This revealing look at America's military families features stories of pride, sacrifice and resilience.				The Best of Men The story of Dr. Ludwig Guttman, whose work helped start the Paralympic Games, is told.			Film School Shorts
TUE | 4	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Antiques Roadshow - Vintage Hartford A Tiffany vase and other Connecticut finds are revisited.		JFK & LBJ: A Time for Greatness (P) (See page 87)		The Kennedy Half-Century JFK's life, administration and tragic death still resonate strongly today.		Frontline - Gunned Down: The Power of the NRA Learn how the NRA works to block gun regulation.	
CPTV4U	Masterpiece Classic - Upstairs Downstairs, Series 2 (Part 1 of 6)		The Forsyte Saga (Part 2 of 13) Irene has agreed to marry Soames.		The Crimson Field (Part 5 of 6) A commander threatens Grace.		Charlie Rose	
CPTV Sports	Globe Trekker - Puerto Rico		Double-A Minor League Baseball - New Britain Rock Cats/Erie SeaWolves					Film School Shorts
WED | 5	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Life on the Reef (Part 3 of 3) (P) The reef's human and animal residents prepare for a cyclone.		NOVA - Secrets of the Viking Sword The revolutionary, high-tech Ulfberht sword is reconstructed.		Big Movie Classics: Legends of Flight (P) (See page 88)			
CPTV4U	Antiques Roadshow - Vintage Baltimore		Ripley - Believe It or Not: American Experience		A Castle in Every Heart: The Arto Monaco Story (P)		Charlie Rose	
CPTV Sports	New England Collegiate Baseball - Mystic/Danbury (Game 1)					Boys HS Volleyball - CIAC Class L Championship, Ridgefield/Darien**		
THU | 6	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Doc Martin - Cats and Sharks Martin plans to leave Portwenn to resume his career as a surgeon.		Father Brown - The Owl of Minerva Inspector Sullivan becomes a fugitive and takes sanctuary in St. Mary's.		Inspector George Gently - Gently in the Blood (P) Gently investigates the death of a young civil servant and uncovers a turf war between rival gangs.			This Old House
CPTV4U	Lyndon B. Johnson: Succeeding Kennedy		JFK & LBJ: A Time for Greatness (See page 87)		Bombs Away: LBJ, Goldwater and the 1964 Campaign That...		Charlie Rose	
CPTV Sports	Double-A Minor League Baseball - New Britain Rock Cats/Erie SeaWolves* (Start: 7:30 p.m.)				NOVA - Why Planes Vanish		Frontline - Flying Cheap	

Prime Time | August 7-12

FRI|7	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - Painted in Blood (Part 2 of 2) (P) The art class murder investigation continues.		Masterpiece Mystery! - Grantchester (Part 6 of 6) Sidney defies police to stop a killing spree.		Infinity Hall Live - America The Grammy-winning group performs their greatest hits.		Front and Center - Lady Antebellum	
CPTV4U	Fat Man and Little Boy This film starring Paul Newman dramatizes the events leading up to the U.S. bombing of Nagasaki and Hiroshima.				The Bomb See how America developed the nuclear bomb, and hear from historians and those who experienced the dawn of the atomic age.			
CPTV Sports	Market Warriors - Antiquing in Brimfield, Mass. (Part 1 of 2)		Market Warriors - Antiquing in Brimfield, Mass. (Part 2 of 2)		Market Warriors - Antiquing in New Milford, Conn.		Globe Trekker - Puerto Rico	
SAT|8	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Antiques Roadshow* (Start: 7:30 p.m.)	Ellen DeGeneres: The Mark Twain Prize A star-studded cast pays tribute to Ellen DeGeneres and her distinctive comic voice.			Robin Williams Remembered: A Pioneers of Television Special The comedian and actor is honored.		America in Prime Time - The Misfit Alec Baldwin and others discuss unique TV characters.	
CPTV4U	Masterpiece Mystery! - Inspector Lewis, Series 4: The Gift of Promise			Masterpiece Mystery! - Grantchester (Part 6 of 6)		The Bletchley Circle, Season 2 (Part 3 of 4)		Vicious
CPTV Sports	Big Movie Classics: Legends of Flight (See page 88)				Girls HS Softball - CIAC Class S Championship, Holy Cross/ Thomaston			
SUN|9	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	The Forsyte Saga (Part 11 of 13) Jon and Fleur meet at Robin Hill and Fleur relates their parents' story.		The Forsyte Saga (Part 12 of 13) Irene wants to thwart Jon and Fleur's love affair.		The Forsyte Saga (Part 13 of 13) Fleur and Jon are in love, but will Fleur marry another man?		The Making of a Lady** A poor woman accepts a marriage proposal and finds that her life is in danger.	
CPTV4U	Brian Wilson and Friends: A Soundstage Special Event		Austin City Limits - Ryan Adams/Jenny Lewis		Xerox Rochester International Jazz Festival - Curtis Stigers		An Evening with Berry Gordy (P)	
CPTV Sports	The National Parks: America's Best Idea - The Morning of Creation, 1946-1980				Girls HS Lacrosse - CIAC Class S Championship, Old Saybrook/Granby			The Medicine Game**
MON|10	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Antiques Roadshow - Vintage Salt Lake City Highlights include Napoleonic prisoner-of-war pieces.		Royals at War, 1939-1945 The royal family helped boost their subjects' morale during World War II.		Antiques Roadshow - Vintage Hartford (See CPTV, Aug. 4 at 8 p.m.)		Robin Williams Remembered: A Pioneers of Television Special (See CPTV, Aug. 8 at 10 p.m.)	
CPTV4U	Operation Maneater - Great White Shark (See page 87)		Life on the Reef (Part 3 of 3) (See CPTV, Aug. 5 at 8 p.m.)		NOVA - Why Sharks Attack (See page 87)		Charlie Rose	
CPTV Sports	Coming Back with Wes Moore (Parts 1, 2 and 3) All three parts of this moving series air back to back. Former combat veteran Wes Moore explores the difficulties of the process of coming back from war.						NOVA - Secrets of the Viking Sword (See CPTV, Aug. 5 at 9 p.m.)	
TUE|11	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Royal Cousins at War (Parts 1 and 2) World War I brought Europe to its knees and resulted in the demise of many of its royal houses. Learn how the tide of history brought change, tragedy and personal humiliation.				Royals at War, 1939-1945 (See CPTV, Aug. 10 at 9 p.m.)		History Detectives Special Investigations - The Disappearance of Glenn Miller	
CPTV4U	Masterpiece Classic - Upstairs Downstairs, Series 2 (Part 2 of 6)		The Forsyte Saga (Part 3 of 13) Irene and Bosinney fall in love.		The Crimson Field (Part 6 of 6) Faith and love are put to the test.		Charlie Rose	
CPTV Sports	Globe Trekker - Eastern Canada		Travelscope	Travelscope	Girls HS Softball - CIAC Class S Championship, Holy Cross/ Thomaston			
WED|12	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	NOVA - Why Sharks Attack (See page 87)		Operation Maneater - Great White Shark (See page 87)		Secrets of the Dead - Ben Franklin's Bones Why were bones found in Ben Franklin's residence?		Antiques Roadshow - Vintage Salt Lake City (See CPTV, Aug. 10 at 8 p.m.)	
CPTV4U	Antiques Roadshow - Vintage Salt Lake City		Royal Cousins at War (Parts 1 and 2) (See CPTV, Aug. 11 at 8 p.m.)				Charlie Rose	
CPTV Sports	New England Collegiate Baseball - Mystic/Danbury (Game 2)					Boys HS Volleyball - CIAC Class M Championship, Joel Barlow/Newington**		

For a list of cable channels on which CPTV, CPTV4U and CPTV Sports can be found, visit CPTV.org/cable-channels, or call CPTV Audience Care at 860.275.7550.

Prime Time | August 13-18

THU | 13	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Doc Martin - Ever After Mrs. Tishell's crush on Martin takes a dramatic turn.		The Dr. Blake Mysteries - Still Waters A girl's body is found in the lake, and Dr. Blake investigates.		The Cobblestone Corridor	Conquering the Dragon: Breast Cancer...	On Story - Neo Noir	This Old House
CPTV4U	The Royal Paintbox View artistic works by talented British royals.		The Heiress and Her Chateau (P) The Chateau Carolands is explored.		POV - Tea Time A group of women have met for a tea ritual for decades.		Charlie Rose	
CPTV Sports	Double-A Minor League Baseball - New Britain Rock Cats/Trenton Thunder* (L) (Start: 7 p.m.)				NOVA - Secrets of the Viking Sword (See CPTV, Aug. 5 at 9 p.m.)		Richard Bangs' Adventure with a Purpose: Norway	

FRI | 14	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - A Tale of Two Hamlets (Parts 1 and 2) (P) The death of a film star at his family's ancestral home is investigated.				Infinity Hall Live - Sadie and the Hotheads The band fronted by Elizabeth McGovern performs.		Front and Center - Ginger Baker	
CPTV4U	NOVA - Ben Franklin's Balloons (See CPTV, Aug. 17 at 11 p.m.)		Secrets of the Dead - Ben... (See CPTV, Aug. 12 at 10 p.m.)		NOVA - Why Sharks Attack (See page 87)		Charlie Rose	
CPTV Sports	Double-A Minor League Baseball - New Britain Rock Cats/Binghamton Mets* (L) (Start: 7 p.m.)				Market Warriors - Antiquing in New York, N.Y.		Ubaldo Learn about the religious cultural festival La Festa Dei Ceri.	

SAT | 15	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	American Masters - Garrison Keillor: The Man on the Radio in the Red Shoes* (Start: 7:30 p.m.; See page 97)			Royal Cousins at War (Parts 1 and 2) (See CPTV, Aug. 11 at 8 p.m.)				Secrets of Her Majesty's Secret Service**
CPTV4U	Masterpiece Mystery! - Inspector Lewis, Series 5: The Soul of Genius			Secrets of Scotland Yard Go inside the famous police institution.		The Bletchley Circle, Season 2 (Part 4 of 4)		Vicious
CPTV Sports	New England Collegiate Baseball - North Adams/Danbury					Girls HS Softball - CIAC Class L Championship, East Haven/Fitch		

SUN | 16	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Masterpiece Mystery! - Sherlock, Series 2: A Scandal in Belgravia Sherlock begins a duel of wits with Irene Adler, an antagonist as brilliant as himself.			Masterpiece Mystery! - Sherlock, Series 2: The Hounds of Baskerville Sherlock seeks the truth about a monstrous creature.			Royals at War, 1939-1945 (See CPTV, Aug. 10 at 9 p.m.)	
CPTV4U	Great Performances - Paul McCartney's Live Kisses		Austin City Limits - Spoon/White Denim		Xerox Rochester International Jazz Festival - Kenny Barron Trio		Speakeasy - Nile Rodgers with Valerie Simpson	
CPTV Sports	Walking the Great Divide: A Journey Along the Continental Divide Trail (Parts 1 and 2)				Girls HS Lacrosse - CIAC Class M Championship, Daniel Hand/New Canaan			The Cobblestone Corridor

MON | 17	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Cincinnati, Ohio, Part 1 Finds include a baseball bat used by Mickey Mantle.		Antiques Roadshow - Cincinnati, Ohio, Part 2 A suit that belonged to Colonel Sanders is appraised.		Secrets of the Dead - Ben Franklin's Bones (See CPTV, Aug. 12 at 10 p.m.)		NOVA - Ben Franklin's Balloons An accurate replica of the first hot air balloon is created.	
CPTV4U	Nature - River of No Return Tour the untamed wilderness of Idaho.		The Big Burn: American Experience		Nature - Kangaroo Mob Follow a mob of street-smart kangaroos.		Charlie Rose	
CPTV Sports	The Marines of Montford Point: America's First Black Marines		Double-A Minor League Baseball - New Britain Rock Cats/Trenton Thunder					Dreams Go By

TUE | 18	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	The Flood of '55 In 1955, two hurricanes turned mountain streams into raging torrents in Connecticut.		The Blizzard of '78 On February 6, 1978, Connecticut residents were hit with a record-breaking blizzard.		When Disaster Struck Connecticut Four natural disasters befell Connecticut between 1888 and 1955.		Frontline - The Retirement Gamble Questions are raised about U.S. financial institutions.	
CPTV4U	Masterpiece Classic - Upstairs Downstairs, Series 2 (Part 3 of 6)		The Forsyte Saga (Part 4 of 13) Irene is attacked by Soames.		The Forsyte Saga (Part 5 of 13) Irene leaves Soames for good.		Charlie Rose	
CPTV Sports	Globe Trekker - The Netherlands		Double-A Minor League Baseball - New Britain Rock Cats/Binghamton Mets					Film School Shorts

For a list of cable channels on which CPTV, CPTV4U and CPTV Sports can be found, visit CPTV.org/cable-channels, or call CPTV Audience Care at 860.275.7550.

Prime Time | August 19-24

WED|19	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	The Mystery of Matter: Search for the Elements (Part 1 of 3) P (See pages 88-89)		The Mystery of Matter: Search for the Elements (Part 2 of 3) P (See pages 88-89)		The Mystery of Matter: Search for the Elements (Part 3 of 3) P (See pages 88-89)		Women in Chemistry: Life Lessons from the Laboratory P	
CPTV4U	Antiques Roadshow - Cincinnati, Ohio, Part 1		Al Capone: Icon (See CPTV, Aug. 3 at 10 p.m.)		History Detectives Special Investigations		Charlie Rose	
CPTV Sports	Double-A Minor League Baseball - New Britain Rock Cats/Trenton Thunder* (Start: 7:30 p.m.)				Boys HS Volleyball - CIAC Class M Championship, Joel Barlow/ Newington			
THU|20	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Doc Martin - Sickness and Health Portwenn is buzzing about the wedding of Martin and Louisa.		The Dr. Blake Mysteries - The Greater Good A member of the staff is found dead at the hospital.		Masterpiece Mystery! - The Lady Vanishes A young socialite suspects foul play when a woman inexplicably disappears from a train.			This Old House
CPTV4U	When Disaster Struck Connecticut (See CPTV, Aug. 18 at 10 p.m.)		The Blizzard of '78 (See CPTV, Aug. 18 at 9 p.m.)		The Flood of '55 (See CPTV, Aug. 18 at 8 p.m.)		Charlie Rose	
CPTV Sports	Double-A Minor League Baseball - New Britain Rock Cats/Binghamton Mets* (Start: 7:30 p.m.)				NOVA - Sunken Ship Rescue		Raw to Ready - Komatsu	
FRI|21	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Midsomer Murders - Birds of Prey (Parts 1 and 2) P Troy investigates a wildlife crime while Barnaby follows up on a body discovered in the river.				Infinity Hall Live - Tedeschi Trucks Band The acclaimed band delivers rock 'n' roll and soul sounds.		Front and Center - The Goo Goo Dolls	
CPTV4U	NOVA - Secrets of the Viking Sword (See CPTV, Aug. 5 at 9 p.m.)		Big Movie Classics: Legends of Flight (See page 88)				Charlie Rose	
CPTV Sports	Fat Man and Little Boy (See CPTV4U, Aug. 7 at 8 p.m.)				Market Warriors - Antiquing in Greenwich, N.Y.		Great Railway Journeys of Europe	
SAT|22	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Jay Leno: The Mark Twain Prize* (Start: 7:30 p.m.) The former *Tonight Show* host is saluted.		American Masters - Johnny Carson: King of Late Night Explore the life, career and complexities of the biggest star television has ever produced.				Pioneers of Television - Late Night The pioneers behind TV's late night format are profiled.	
CPTV4U	Masterpiece Mystery! - Inspector Lewis, Series 5: Generation of Vipers			Masterpiece Mystery! - Sherlock, Series 2: A Scandal in Belgravia (See CPTV, Aug. 16 at 8 p.m.)			How Sherlock Changed the World (Part 1 of 2)	
CPTV Sports	New England Collegiate Baseball - Mystic/Danbury* (Start: 7:30 p.m.)				AfroPop - Boys of Summer The Curacao youth baseball team competes in the Little League World Series.			Film School Shorts
SUN|23	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Masterpiece Mystery! - Sherlock, Series 2: The Reichenbach Fall Sherlock fights for his reputation, his sanity and his life when he takes on Moriarty.			Masterpiece Mystery! - Sherlock, Series 3: The Empty Hearse Sherlock has returned to London after dismantling Moriarty's crime network.			Masterpiece Mystery! - The Lady Vanishes** (See CPTV, Aug. 20 at 10 p.m.)	
CPTV4U	Gloria Estefan: The Standards (See CPTV, Aug. 28 at 11 p.m.)		Austin City Limits - Nick Cave & the Bad Seeds		Xerox Rochester International Jazz Festival - Kevin Eubanks		Speakeasy - Roger Waters with Bill Weir	
CPTV Sports	Raw to Ready - Mack Truck		America Revealed - Nation on the Move		Girls HS Softball - CIAC Class L Championship, East Haven/Fitch			
MON|24	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Antiques Roadshow - Cincinnati, Ohio, Part 3 A 20th-century toy horse and buggy are appraised.		Antiques Roadshow - Myrtle Beach, Part 1 Appraisals include a Joseph Henry Sharp oil painting.		American Masters - Johnny Carson: King of Late Night (See CPTV, Aug. 22 at 9 p.m.)			
CPTV4U	Nature - Ocean Giants Marathon All three parts of *Nature*'s "Ocean Giants" miniseries air back to back. Teams of intrepid scientists use the latest technology to explore the lives of whales and dolphins.						Charlie Rose	
CPTV Sports	50 Years of Wilderness		New England Collegiate Baseball - North Adams/Danbury					Film School Shorts

For a list of cable channels on which CPTV, CPTV4U and CPTV Sports can be found, visit CPTV.org/cable-channels, or call CPTV Audience Care at 860.275.7550.

Prime Time | August 25-31

TUE|25	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	A Few Good Pie Places (P) (See page 87)		A Few Great Bakeries (P) (See page 87)		Breakfast Special II: Revenge of the Omelets Tour great breakfast spots from Connecticut to Hawaii.		Breakfast Special Visit interesting breakfast spots throughout the U.S.	
CPTV4U	Masterpiece Classic - Upstairs Downstairs, Series 2 (Part 4 of 6)		The Forsyte Saga (Part 6 of 13) Irene receives an inheritance.		The Forsyte Saga (Part 7 of 13) Soames' obsession continues.		Charlie Rose	
CPTV Sports	Globe Trekker - Building England (Parts 1 and 2) The Roman edifices in Lindisfarne, Durham Cathedral and other places are visited.				Raw to Ready - Bentley		America Revealed - Nation on the Move	

WED|26	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Nature - Siberian Tiger Quest Follow a conservation ecologist in search of a Siberian tiger.		Apollo Wives The wives of Apollo astronauts share their stories and reminisce about the space age.		John Glenn: A Life of Service The life of astronaut and senator John Glenn is chronicled.		Makers - Women in Space The history of women pioneers in the U.S. space program is traced.	
CPTV4U	Antiques Roadshow - Cincinnati, Ohio, Part 3		Death and the Civil War: American Experience Key battles and the implications of the Civil War's staggering death toll are explored.				Charlie Rose	
CPTV Sports	New England Collegiate Baseball - North Adams/Danbury					AfroPop - Boys of Summer (See CPTV Sports, Aug. 22 at 10 p.m.)		

THU|27	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Doc Martin - Guess Who's Coming to Dinner Martin and Louisa host a disastrous party.		The Dr. Blake Mysteries - Death of a Travelling Salesman Dr. Blake investigates a fatal car accident.		Wodehouse in Exile The story of how author P.G. Wodehouse came to face a charge of treason during World War II is told.			This Old House
CPTV4U	National Gallery (P) Visit a London museum holding masterpieces of Western art dating from the Middle Ages to the 19th century.						Charlie Rose	
CPTV Sports	2015 CIAC Open Track Championships							

FRI|28	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - Worm in the Bud (Parts 1 and 2) (P) The death of a local farmer's wife thrusts Barnaby into a whirlwind of witchcraft and infidelity.				Infinity Hall Live - Women of Song Tori Amos, Aimee Mann and other female artists are showcased.		Gloria Estefan: The Standards The singer performs "Good Morning Heartache" and other beloved tunes.	
CPTV4U	Nazi Mega Weapons - Super Tanks		Nazi Mega Weapons - V1, Hitler's Vengeance Missile		Nazi Mega Weapons - V2 Rocket		Charlie Rose	
CPTV Sports	Double-A Minor League Baseball - New Britain Rock Cats/Portland Sea Dogs* (L) (Start: 7 p.m.)				Market Warriors - Antiquing in Philadelphia		NOVA - Ben Franklin's Balloons (See CPTV, Aug. 17 at 11 p.m.)	

SAT|29	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Straight No Chaser: Songs of the Decades (See page 87)			Simon & Garfunkel: The Concert in Central Park (See page 87)			Viewers' Favorites	
CPTV4U	Masterpiece Mystery! - Inspector Lewis, Series 5: Fearful Symmetry			Masterpiece Mystery! - Sherlock, Series 2: The Hounds of... (See CPTV, Aug. 16 at 9:30 p.m.)			How Sherlock Changed the World (Part 2 of 2)	
CPTV Sports	Movie Classics - Annie Hall* (Start: 7:30 p.m.)		2015 CIAC Cheerleading Finals					

SUN|30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Il Volo: Live from Pompeii* (Start: 7:30 p.m.; See page 87)		Downton Abbey Rediscovered (P) (See page 87)			Viewers' Favorites		
CPTV4U	Front and Center - The Avett Brothers		Austin City Limits - The Avett Brothers/Nickel Creek		Xerox Rochester International Jazz Festival - Elaine Elias		Speakeasy - John Mellencamp with Jann Wenner	
CPTV Sports	Raw to Ready - Bombardier		Big Movie Classics: Legends of Flight (See page 88)				Keep 'Em Flying The history of aviation in Connecticut is traced.	

MON|31	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Starlight Ballroom (My Music) (P) (See page 87)			Straight No Chaser: Songs of the Decades (See page 87)			Viewers' Favorites	
CPTV4U	Big Blue Live (Part 1 of 3) (P) (See page 89)		Nature - Invasion of the Killer Whales		The Charles W. Morgan		Charlie Rose	
CPTV Sports	Market Warriors - Antiquing in New Milford, Conn.		Market Warriors - Antiquing in Brimfield, Mass. (Part 1 of 2)		Market Warriors - Antiquing in Brimfield, Mass. (Part 2 of 2)		Great Railway Journeys of Europe	

Take the Trip of a Lifetime with the New Movie Event *Curious George 3: Back to the Jungle*

Launch into a new adventure with everyone's favorite monkey in *Curious George 3: Back to the Jungle*! This all-new movie premieres on CPTV Kids on Monday, August 17 at 8 a.m., with an encore at 3 p.m. It will also air Sunday, August 23 at 7 a.m.

When George is asked to take part in a very important space mission, a little monkeying around forces him to crash-land in Africa. While a worried Man with the Yellow Hat searches for him, George bravely explores the jungle and makes new animal friends along the way. Reunited at last, the two best pals have an unforgettable adventure shared with their new friends!

To celebrate the premiere of *Curious George 3: Back to the Jungle*, there's a new free photo app that lets kids and families add George to their photos! *Curious George* fans can participate at PhotoWithGeorge.com.

Also in August, a special encore of *Curious George: Follow That Monkey* airs on Friday, August 21 at 8 a.m. and 3 p.m. In this movie event, watch as George and the Man with the Yellow Hat set out on a madcap cross-country adventure to reunite a homesick elephant with her family!

cptvKids

Monday Through Friday

6:30 AM	Arthur	12:30 PM	Thomas & Friends
7:00	Odd Squad	1:00	Daniel Tiger's Neighborhood
7:30	Wild Kratts	1:30	Caillou
8:00	Curious George *	2:00	Super Why!
8:30	The Cat in the Hat *	2:30	Dinosaur Train
9:00	Peg + Cat *	3:00	Peg + Cat *
9:30	Dinosaur Train	3:30	The Cat in the Hat *
10:00	Sesame Street	4:00	Curious George *
11:00	Daniel Tiger's Neighborhood	4:30	Odd Squad
11:30	Super Why!	5:00	Wild Kratts
Noon	Sid the Science Kid	5:30	Wild Kratts

*** On Monday, August 17, the 90-minute movie *Curious George 3: Back to the Jungle* will air at 8 a.m. and 3 p.m. On Friday, August 21, the 90-minute movie *Curious George: Follow That Monkey* will air at 8 a.m. and 3 p.m.**

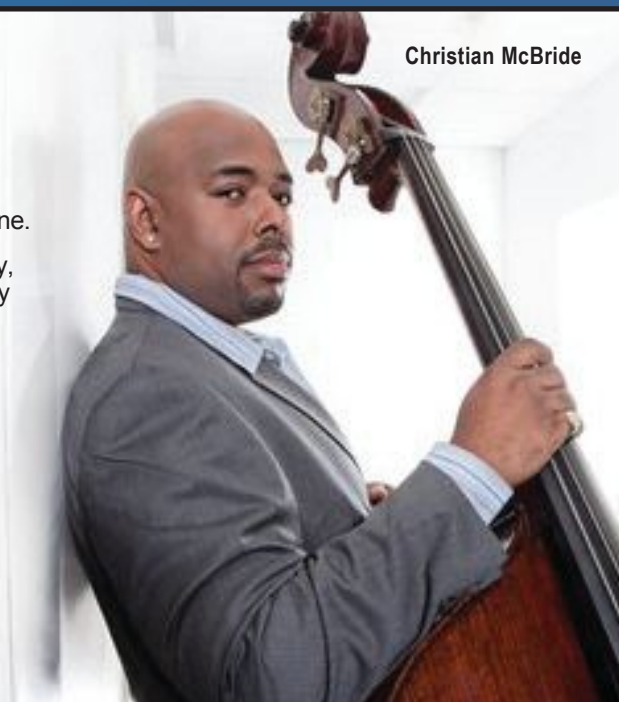
Keep the Learning Going with PBS Kids Programming on Xbox One

PBS Kids recently announced that full-length episodes and clips from favorite programs are now available for Xbox One users in the U.S. Families can now access their favorite PBS Kids programs, and personalize their experience by identifying their local PBS station, including CPTV, on Xbox One.

The PBS Kids Video App on Xbox One features thousands of videos from favorite PBS Kids series, with new content updated weekly. View full-length episodes and clips from programs including *Wild Kratts, Daniel Tiger's Neighborhood, Odd Squad, Peg + Cat* and *Dinosaur Train*, and web-original series such as *Oh Noah!* and *Fizzy's Lunch Lab*.

More information about PBS Kids apps is available at pbskids.org/apps.

Saturday Nights on wnpr Just Got a Little Jazzier with *Jazz Night in America*



Christian McBride

Saturday nights at 9 p.m., WNPR now airs *Jazz Night in America*, a weekly one-hour radio show that showcases the vitality of the nation's thriving jazz scene.

Jazz Night in America offers hand-picked performances from across the country, woven with the colorful stories of the artists behind them. The show is hosted by jazz phenom and multiple Grammy Award-winning musician Christian McBride, a composer, bassist, arranger, educator, curator and administrator.

"Connecticut plays a very important role in the world of American jazz. We have countless great musicians who live here, and with our proximity to the jazz hubs of New York and Boston, Connecticut residents care deeply about this music," said John Dankosky, WNPR news director and host of *Where We Live*.

"*Jazz Night in America* gives our listeners a chance to experience some of this vibrancy, and introduces them to the thoughtful host of the program, Christian McBride," Dankosky added. "Many listeners know him for his bass playing and work with some of the best musicians in the world. Now, through this program, they'll get to know him as the new voice of jazz on WNPR."

CPTV's Daytime Weekend Schedules | 6:30 a.m.-8 p.m.

CPTV Original, CPTV National Production or Presentation or CPTV Co-production indicated in blue font.

Saturday Morning Lineup (6:30 a.m. - 12:30 p.m.)*

6:30 a.m. Peep and the Big Wide World
7:00 a.m. Wild Kratts
7:30 a.m. Thomas & Friends
8:00 a.m. WordWorld
8:30 a.m. Biz Kid$
9:00 a.m. Everyday Edisons
9:30 a.m. Getting Away Together
10:00 a.m. Rick Steves' Europe
10:30 a.m. Antiques Roadshow
11:30 a.m. This Old House Hour

Sunday Morning Lineup (6:30 a.m. - 12:00 p.m.)*

6:30 a.m. Angelina Ballerina: The Next Steps
7:00 a.m. Curious George**
7:30 a.m. The Cat in the Hat**
8:00 a.m. Signing Time**
8:30 a.m. Design Squad
9:00 a.m. Charlie Rose: The Week
9:30 a.m. Religion & Ethics Newsweekly
10:00 a.m. Washington Week
10:30 a.m. Start Up
11:00 a.m. Consuelo Mack WealthTrack
11:30 a.m. To the Contrary

* Special Viewers' Favorites programming airs on Saturday, August 29 and Sunday, August 30.
** On Sunday, August 23, the 90-minute movie *Curious George 3: Back to the Jungle* airs at 7 a.m.

SATURDAY, AUGUST 1

12:30 p.m. Growing a Greener World
1:00 p.m. The Victory Garden's Edible Feast
1:30 p.m. Baking with Julia
2:00 p.m. America's Test Kitchen
2:30 p.m. Cook's Country Kitchen
3:00 p.m. Martha Stewart's Cooking School
3:30 p.m. Martha Bakes
4:00 p.m. Jacques Pepin: More Fast Food My Way
4:30 p.m. Simply Ming
5:00 p.m. Lidia's Kitchen
5:30 p.m. Garden Smart
6:00 p.m. Hometime
6:30 p.m. Ask This Old House
7:00 p.m. This Old House
7:30 p.m. Ask This Old House

SUNDAY, AUGUST 2

12:00 p.m. McLaughlin Group
12:30 p.m. Pioneers of Television Marathon
4:30 p.m. Hometime
5:00 p.m. Ask This Old House
5:30 p.m. This Old House
6:00 p.m. Doc Martin - Don't Let Go
7:00 p.m. Father Brown - The Deadly Seal

SATURDAY, AUGUST 8

12:30 p.m. Growing a Greener World
1:00 p.m. The Victory Garden's Edible Feast
1:30 p.m. Baking with Julia
2:00 p.m. America's Test Kitchen
2:30 p.m. Cook's Country Kitchen
3:00 p.m. Martha Stewart's Cooking School
3:30 p.m. Martha Bakes
4:00 p.m. Jacques Pepin: More Fast Food My Way
4:30 p.m. Simply Ming
5:00 p.m. Lidia's Kitchen
5:30 p.m. Garden Smart
6:00 p.m. Hometime
6:30 p.m. Ask This Old House
7:00 p.m. This Old House
7:30 p.m. Antiques Roadshow - Vintage Hartford (until 8:30 p.m.)

SUNDAY, AUGUST 9

12:00 p.m. McLaughlin Group
12:30 p.m. NOVA - Secrets of the Viking Sword
1:30 p.m. Big Movie Classics: Legends of Flight
3:30 p.m. Keep 'Em Flying
4:30 p.m. Hometime
5:00 p.m. Ask This Old House
5:30 p.m. This Old House
6:00 p.m. Doc Martin - Cats and Sharks
7:00 p.m. Father Brown - The Owl of Minerva

SATURDAY, AUGUST 15

12:30 p.m. Growing a Greener World
1:00 p.m. The Victory Garden's Edible Feast
1:30 p.m. Baking with Julia
2:00 p.m. America's Test Kitchen
2:30 p.m. Cook's Country Kitchen
3:00 p.m. Martha Stewart's Cooking School
3:30 p.m. Martha Bakes
4:00 p.m. Jacques Pepin: More Fast Food My Way
4:30 p.m. Simply Ming
5:00 p.m. Lidia's Kitchen
5:30 p.m. Garden Smart
6:00 p.m. Hometime
6:30 p.m. Ask This Old House
7:00 p.m. This Old House
7:30 p.m. American Masters - Garrison Keillor: The Man on the Radio in the Red Shoes (until 9:30 p.m.)

SUNDAY, AUGUST 16

12:00 p.m. McLaughlin Group
12:30 p.m. NOVA - Why Sharks Attack
1:30 p.m. Operation Maneater
2:30 p.m. Secrets of the Dead - Ben Franklin's Bones
3:30 p.m. History Detectives Special Investigations
4:30 p.m. Hometime
5:00 p.m. Ask This Old House
5:30 p.m. This Old House
6:00 p.m. Doc Martin - Ever After
7:00 p.m. The Dr. Blake Mysteries - Still Waters

SATURDAY, AUGUST 22

12:30 p.m. Growing a Greener World
1:00 p.m. The Victory Garden's Edible Feast
1:30 p.m. Baking with Julia
2:00 p.m. America's Test Kitchen
2:30 p.m. Cook's Country Kitchen
3:00 p.m. Martha Stewart's Cooking School
3:30 p.m. Martha Bakes
4:00 p.m. Jacques Pepin: More Fast Food My Way
4:30 p.m. Simply Ming
5:00 p.m. Lidia's Kitchen
5:30 p.m. Garden Smart
6:00 p.m. Hometime
6:30 p.m. Ask This Old House
7:00 p.m. This Old House
7:30 p.m. Jay Leno: The Mark Twain Prize (until 9:00 p.m.)

SUNDAY, AUGUST 23

12:00 p.m. McLaughlin Group
12:30 p.m. Pioneers of Television - Late Night
1:30 p.m. Jay Leno: The Mark Twain Prize
3:00 p.m. American Masters - Johnny Carson: King of Late Night
5:00 p.m. Ask This Old House
5:30 p.m. This Old House
6:00 p.m. Doc Martin - Sickness and Health
7:00 p.m. The Dr. Blake Mysteries - The Greater Good

SATURDAY, AUGUST 29

12:30 p.m. Brain Maker with David Perlmutter, M.D.
2:00 p.m. Aging Backwards with Miranda Esmonde-White
3:00 p.m. American Masters - Garrison Keillor: The Man on the Radio in the Red Shoes
5:00 p.m. The Tenors: Under One Sky
6:30 p.m. Il Volo: Live from Pompeii

SUNDAY, AUGUST 30

12:30 p.m. Country Pop Legends (My Music)
2:30 p.m. The Tenors: Under One Sky
4:00 p.m. American Masters - Garrison Keillor: The Man on the Radio in the Red Shoes
6:00 p.m. '60s & '70s Slow Songs (My Music)
7:30 p.m. Il Volo: Live from Pompeii (until 9:00 p.m.)

You've Got Money Problems... Suze's Got Solutions!

SUZE ORMAN LIVE!

Protect Your Tomorrows Today

Thursday, Nov. 5 at 7:30 p.m.
The Bushnell, Hartford

America's most celebrated personal finance expert is coming to Connecticut! Don't miss her hilarious, no-nonsense views on investing, buying a home, saving for retirement and more. Plus, there will be a live Q&A opportunity with the audience!

For tickets and info, contact The Bushnell Box Office at 860-987-5900 or visit Bushnell.org.

cptv
www.cptv.org

THE BUSHNELL

Suze Orman Live! Protect Your Tomorrows Today is made possible by a partnership between CPTV and The Bushnell.

GARRISON KEILLOR

THE MAN ON THE RADIO in the RED SHOES

Airing on *American Masters* Saturday, August 15 at 7:30 p.m. on CPTV
Encoring Saturday, August 29 at 3 p.m. & Sunday, August 30 at 4 p.m.

America's foremost humorist and social pundit, **Garrison Keillor** takes his skits and monologues across the country in his popular radio show *A Prairie Home Companion*. Tune in to CPTV for the documentary *Garrison Keillor: The Man on the Radio in the Red Shoes*, and see how Keillor's crew of actors and musicians spin stories and songs into American gold.

Plus, tune in to CPTV for **exclusive ticket opportunities** to see *A Prairie Home Companion* performed live at the Palace Theater on Saturday, November 21, including limited VIP experience packages!

RED CARPET
Your Connection to Performance Exclusives

cptv
www.cptv.org

This Fall, CPTV and CPTV4U Offer Stirring New Dramas, Extraordinary Science Specials and More

As the weather gets cooler, CPTV and CPTV4U present all-new programs, bringing viewers even more of the best in television drama, science specials and more – many featuring familiar faces. Stay tuned in September and October for programs including:

Arthur & George on Masterpiece
Martin Clunes (*Doc Martin*) stars as world-famous author Sir Arthur Conan Doyle in this three-part adaptation of Julian Barnes' acclaimed novel that follows the separate but intersecting lives of two men: a half-Indian son of a vicar who is framed for a crime he may not have committed, and Doyle, who investigates the case.

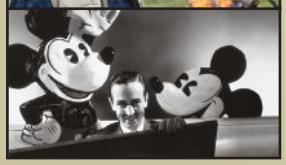
Gorongosa Park: Rebirth of Paradise
This series explores the inspiring rebirth of an African wilderness through the eyes of Emmy-winning wildlife cameraman Bob Poole. Darting lions, wrestling crocs, facing down angry elephants – it's all part of a day's work as Poole joins the battle to "re-wild" a legendary national park.

Home Fires on Masterpiece
Follow a remarkable group of women living in a small rural village during World War II. Separated from husbands, fathers, sons and brothers for years at a time (some permanently), they find themselves under extraordinary pressures in a rapidly fragmenting world.

Indian Summers on Masterpiece
In this new drama series from *Masterpiece*, Julie Walters plays the glamorous doyenne of an English social club in the twilight of British rule in India. Explore the collision of the English ruling class and local people agitating for Indian independence. The two sides alternately clash and merge in intricate games of power, politics and passion.

The Brain with David Eagleman
Neuroscientist David Eagleman explores the human brain in an epic series that reveals why humans feel and think the things they do. This ambitious project blends science with innovative visual effects and compelling personal stories, and addresses big questions.

The Widower
This thrilling drama tells the true story of Malcolm Webster, a nurse by profession and, on the surface, a perfect gentleman: well-spoken, personable and charming. He's also a spendthrift and killer. He marries, and attempts to kill, a succession of women to cash in their life insurance policies.



Walt Disney: American Experience
Walt Disney was uniquely adept at art as well as commerce, a master filmmaker who harnessed the power of technology and storytelling. This new two-part, four-hour film offers an unprecedented look at his complex life and enduring legacy, featuring rare archival footage, scenes from some of his greatest films and interviews with biographers, animators and others.

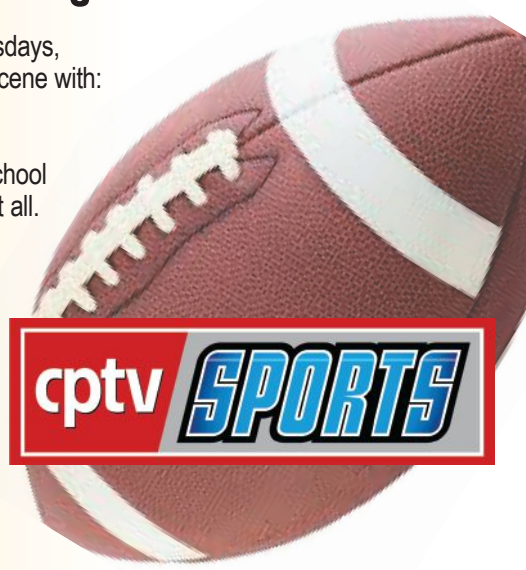
Go Beyond the Local Sports Headlines as CPTV Sports' Original Series Return

CPTV Sports' three weekly local sports series return with new episodes in September! On Tuesdays, Wednesdays and Thursdays at 7 p.m., CPTV Sports delves deep into the Connecticut sports scene with:

***Beyond the Beat*, Returning Tuesday, September 15 at 7 p.m.**
Joe D'Ambrosio hosts the state's only Connecticut-focused sports talk show! From local high school games to professional matchups, D'Ambrosio and panelists discuss, debate and shed light on it all.

***In Focus*, Returning Wednesday, September 16 at 7 p.m.**
This magazine-style series hosted by Erika Wachter highlights the accomplishments of Connecticut high school athletics, both on and off the field. Watch as the successes of local student athletes are shared in an exciting way!

***GameTime*, Returning Thursday, September 17 at 7 p.m.**
This look at sports throughout Connecticut, hosted by WFSB-TV's Joe Zone and John Holt, features the best in Connecticut sports. Get a fresh perspective through recaps, interviews with players and coaches and more!

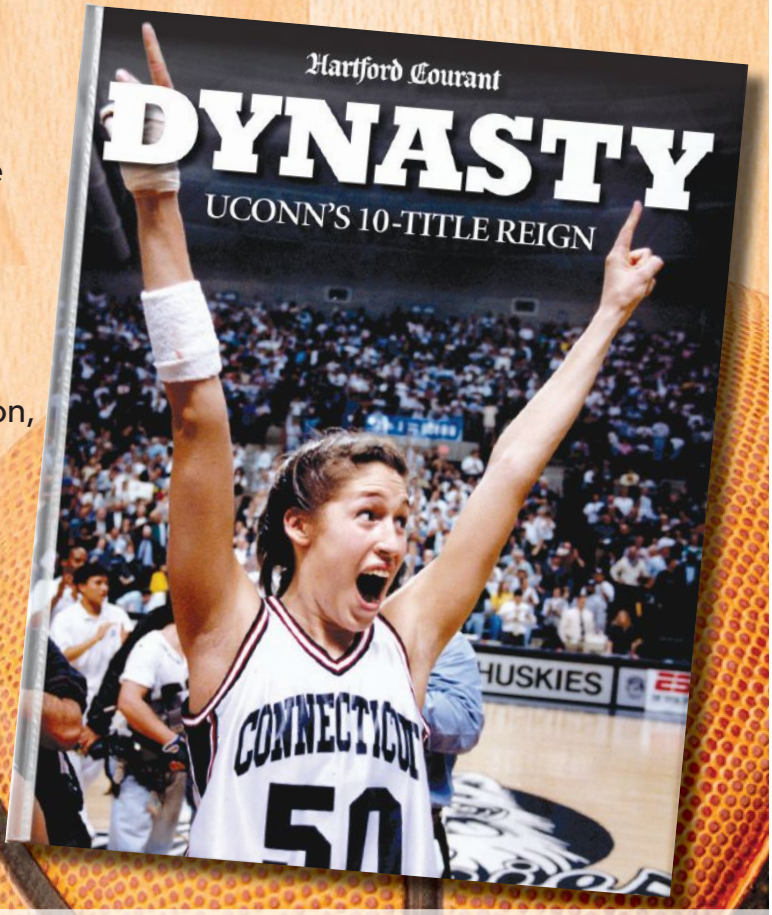


Hartford Courant

DYNASTY

10 Championship Seasons. 10 National Titles. *All in 1 Book.*

This 128-page book is packed with nearly 200 spectacular full-color photographs that showcase the glorious athleticism and competitiveness of the players, the passion of the coaches, the drive to excel, the many moments of elation, the rarer moments of dejection and, through it all, the devotion of UConn's fans.



Order Online: **courant.com/DYNASTY**

The Darn Man

IF YOU'RE GOING TO WEAR THE SAME COAT EVERY DAY FOR 60 YEARS, MAKE SURE IT'S A SPECIAL ONE.

When it comes to Connecticut vagabonds of days gone past, it's hard to top the legend of The Old Leather Man. No doubt that many readers know of the anonymous wanderer of the late 19th century whose curious habit of walking a continuous 360-mile, 34-day circuit across the state for nearly 30 years has been repeatedly chronicled in books, newspapers and magazines.

There were others who wandered Connecticut's highways and byways, the most noteworthy being The Darn Man (also known as The Old Darn Man, The Darning Man and Old Darn Coat). Although not as heralded as "Old Leathery," the Darn Man was still fairly well known in his time as he made his travels across the eastern half of the state and into Rhode Island and southeastern Massachusetts.

Like the Old Leather Man, the Darn Man was an anonymous eccentric who walked a regular loop, relying on small jobs and the kindness of others to get by, usually never staying at one place for more than a night. He was also identified by a distinct garment that he wore all the time—a formal suit jacket with tails, which started out as a fine coat but over the years had worn out, necessitating that he constantly repair, or "darn," it with donated fabric scraps and various colored pieces of thread, yarn and string—hence the name, the Darn Man. After all the repairs, he ended up with an eclectic patchwork frock that observers claimed he wore for nearly 60 years.

You could say it was a "technicolor dreamcoat" of sorts, as the reason given for the Darn Man's devotion was that it was the suit he had chosen for the day he was to be married—except his bride never appeared, and he never saw her again. The heartbroken gentleman then swore to always wear the jacket until he was married to his true love, and began on a quixotic journey in search of her.

The Darn Man was described as well-spoken and erudite. He was tall, had long white hair (which he kept braided), light blue eyes and, at times, a short-cropped mustache; he was also polite, kept his clothes neat and was always "well washed." Also, as where folks could set their calendars by the Old Leather Man, the Darn Man was more flexible with his schedule and his continuous circuit, which took approximately six months. He also didn't travel much during winter, preferring to hunker down at an undisclosed location he referred to as his "mansion."

The Darn Man's first appearances were recorded in the 1820s.

In *A Modern History of Windham County, Connecticut, Vol. 2*, edited by Allen B. Lincoln and published in 1902, there's a chapter entitled "Old Darn Coat," by Dr. A.D. Dyer, who shared some recollections about the Darn Man. When Dyer was a young man, his house in the Clark's Corner section of Hampton was on the Darn Man's route. He offers a firsthand description after his family started being visited by the mysterious traveler in 1859:

He usually wore a tall or stovepipe hat, in which he carried his glasses, kerchief, and a nice snuffbox with gold inlaid in the cover, which a woman had given him years before I knew him, and in the snuffbox, was the bean which all snuff users had in their boxes. He was a man who was well-posted in current events and past history.

He was a great reader. My father had a regular reading list, in the Hartford Weekly times, New York Ledger (Bonner's), Harper's Illustrated Weekly, occasionally, the Boston True Flag, Saturday Evening Post (Philadelphia), and mother had Ladies' Magazine.

The "darn man" asked, soon after he began to come to our house, if he could not work a little and stay two or three days so that he could read more. He seemed much interested in mother's magazine. He would call her attention to a picture of a woman in a new style of dress, and then would sit down and gaze at it a long time. Mother would ask him if it carried him back to the young woman he expected to marry when he saw those pictures, and he would say: "If I told you, you would know my thoughts, my memories of the past." Never would he give a straight answer.

At times he carried a violin and would occasionally play dance music, but as I remember, he played sort of mournful tunes. He at times would sing, when out in the woodshed or in the garden, one song in particular—I do not remember the title, but I do remember him repeating this quotation: "She sat under the green willow tree"; then he would stop and take off his hat and stand as if gazing at something overhead . . . .

In no way could mother or father or anyone else I ever heard of find out his true name, where he was born, his nationality. He apparently was of English stock. He had good knowledge of English history, of men of those days.

At times his talk would lead one to believe he might have had personal acquaintance with some of them, and he might have been born there, and it was possible that his evident disappointment in love might have been over in England or perhaps Scotland, for he talked much of the highlands and moors of bonny Scotland, of the lassies and lads, after his failure to marry he may have come to this country . . .

Yet in no way did my parents, after all sorts of attempts, taking him unawares, ever get the history of his youth, but only from the time he avowed he never would wear any other coat; never a date or the place where this avowal was made or when he first started on his trips.

As with anyone who is reluctant to reveal anything personal, stories were manufactured. At various times, his real name was rumored to be Frank Howland, George Johnson and George Thompson; similarly, he was said to be a merchant from Massachusetts, that he had sisters in Rhode Island and that he had been born in Centerbrook. None of this conjecture was ever confirmed, and the Darn Man's silence in regard to his early years only deepened the intrigue.

However unclear the details of his origin, he definitely did spend decades walking the same route through the same region of southeastern New England as his presence is recorded in numerous sources. Not surprisingly though, his exact demise is a bit unclear.

According to *Legendary Connecticut* by David Phillips, one account details that Darn Man died under tragic circumstances. The story goes that one night, after seeming uncharacteristically quiet, he was overheard muttering, "My bride will come tonight. Surely she will not disappoint me. Come, my beloved little bride."

A short time later, he heard a carriage approaching and woman's laughter. Overwhelmed with joy, he ran out into the darkened road to welcome back his long-lost love—only to be accidentally trampled to death by an team of horses and a carriage that did not carry his former bride-to-be. The community took pity on the poor, broken man, supposedly laying him to rest in his well-worn and colorful wedding suit.

More conventional history suggests that the Darn Man eventually died along the road in the area between Sterling and Plainfield due to natural causes. No one knows exactly where he was buried, or if he ever was re-united with his lost love, either in this life or the next.

WE'VE TRANSFORMED A HOSPITAL.
AND WITH IT, THE PROMISE OF HEALTH CARE.

At Bridgeport Hospital you can see the promise of a new day in health care. You can see it in completely redesigned facilities like our burn center and an emergency department that is now one of the most advanced anywhere. It all points to the fact that Bridgeport Hospital is part of a healthcare system at the forefront of advancing medical research and treatment – Yale New Haven Health. We welcome the opportunities this day brings. Opportunities to do more for you. So you can do more with your life.

WELCOME TO THE NEW BRIDGEPORT HOSPITAL. bridgeporthospital.org

BRIDGEPORT HOSPITAL
YALE NEW HAVEN HEALTH

Summer Style

OptiCare®
Eye Health & Vision Centers

Ansonia • Cheshire • Danbury • Fairfield • Hamden
New Haven • New Milford • Madison • Naugatuck • Norwalk
Ridgefield • Southbury • Torrington • Trumbull • Waterbury
Watertown • Westport

800 CALL EYE • opticarepc.com